

Lambda Dinner

ALSO AVAILABLE IN
FRANCO-FLAVOUR

Customer Service
LAMBDA PUB@HOTMAIL.COM

FREE

News	2 - 3
Editorial	4
Opinion	5
Franco-Lambda	6 - 7
Mac & Cheese Feature	8 - 11
Arts & Entertainment	12 - 15

INSIDE

The Original

38 vol.
25 Issues
Half The Fat!



NOW MICROWAVABLE!
READY IN 3 MINUTES

LICKING THE POWDERED CHEESE PACKAGE CLEAN SINCE 1961

DE-CLASSIFIEDS

MESSAGE BOARD

Happy Birthday Piglet!!!
We love you.
Friends always,
Lady B & Buttmunch

Many thanks to
Mat Thompson and
Carlos Reyes for all their
help and support.
Thanks again,
Piglet, aka "Role Model"

Chris Gardner, You are one
sexy bitch! Keep doing what
you do cause it's working for
me! See ya in Psych!

Happy Birthday Boobie
from Bubala

WANTED

**Wanted: Hasbro 4" WWF
Figures** in good condition.
Most figures needed!
Call Mat @ 673-6548

Lead Singer with guitars
looking for local Top 40/
original band.
Call Chris @ 675-5398

Want Fast Money?
Good at Writing Essays?
email:
lufreemoney@yahoo.com

LOST

Lost Camera @ SSR
Formal. I think someone
picked it up accidentally.
Reward: Friend for life!!!
Call 523-9865

Summer Camp Jobs in the U.S.A.

Lakeside Residential Girls Camp in Maine—Visas Arranged

Counselors: Combined childcare/teaching. Must be able to teach or lead one or more of the following activities: gymnastics, tennis, swim, sail, canoe, water ski, arts (including stained glass, sewing, jewelry, wood, photo), dance, music, theatre, archery, wilderness trips, field sports, equestrian. Non-smokers. June 18 to August 24. Attractive salary (US) plus travel allowance.

Visit our camp on our photo website: <http://homepage.mac.com/kippewafor girls/>

To Apply: Applications are available on our website: www.kippewa.com or contact us at the numbers listed below for a staff brochure and application.

Kippewa, Box 340, Westwood, Massachusetts, 02090-0340, U.S.A.
e-mail: kippewa@tiac.net | tel: 781-762-8291 | fax: 781-255-7167

Efile

your tax return for \$15 SGA \$20 Non SGA

Service available
starting
February 28/00.
For more information
call the SGA office at
673-6547 or drop
by the office in the
Student Centre SCE212

Graduation Photos coming to campus starting March 29/00



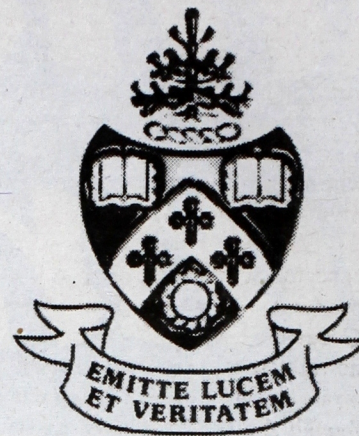
NO SITTING FEE

Pkgs. start at \$70

To book your
appointment
please call
SGA at 673-6547.

News

Laurentian Honorary Degree Recipients for 2000



Laurentian University will
award honorary doctorates to nine
distinguished citizens at Spring and
Fall Convocation Ceremonies in June
and November 2000. The nine
honorees are:

Ms. Judy Feld Carr

From the early 1970's to the
mid-1990s, Ms. Judy Feld Carr se-
cretly ran an underground operation
that liberated over 3,200 Jews from
Syria, where they were often sub-
jected to torture, imprisonment, and
execution.

She recently published the
book *None is too Many*, where she
examines the Canadian government's
policy toward Jewish immigration.
Ms. Feld Carr will be awarded an
honorary Doctor of Laws.

Mr. Bernard Grandmaître

A native of Vanier Ontario,
Mr. Bernard Grandmaître has been
active in both municipal and provin-
cial politics his whole adult life. From
1985 to 1987, he was minister of
Municipal Affairs. He also served as
minister of Revenue from 1987 to
1989.

As minister of Francophone
Affairs from 1985 to 1989, he made
an outstanding contribution to the
Franco-Ontarian community, espe-
cially as the father of the French
Language Services Act of 1986. He
retired from politics in 1999. Mr.
Grandmaître will be presented for an
honorary Doctor of Laws.

Ms. Penny Hartin

The Executive Director of the
Canadian National Institute for the
Blind (CNIB), Ontario Division, Ms.
Penny Hartin works on provincial,
national, and international levels as
an advocate for the rights of the blind
and visual impaired.

She has also published arti-
cles on employment equity for peo-
ple with disabilities. Ms. Hartin, who
graduated from Laurentian University
with a Bachelor of Science in Lan-
guage in 1978, pursued her studies at
a time when there was virtually no
institutional support for people with
disabilities such as hers. She will be
awarded an honorary Doctor of Laws.

Mr. Floyd Laughren

Mr. Floyd Laughren, the MPP
for the Nickel Belt riding from 1971
to 1997, has been the longest-serving
Member of Provincial Parliament in
Queen's Park. During his 26 years in

office, he served as Deputy Premier
and Finance Minister in the Rae Gov-
ernment, and was responsible for the
ministries of Treasury, Economics,
and Revenue.

Prior to his political career,
Mr. Laughren taught economics at
Cambrian College in Sudbury and
worked in the retail sector in Western
Canada. He will be presented an hon-
orary Doctor of Laws.

Ms. Elizabeth "Liza" Mosher

Recognized by the Native
Community as one of its Elders, Ms.
Mosher is the founder of the Cedar
Lodge, a sexual assault treatment and
healing centre, and the Gijzhgaandag
Gamig Healing Lodge in River Val-
ley. Ms. Mosher was also instrumen-
tal in developing healing centers for
First Nations from Saskatchewan to
Northern Quebec.

Fluent in Ojibwe and knowl-
edgeable in the traditional ways of
native life and aboriginal traditional
healing practices, she has been an
invaluable resource to the University
of Sudbury's Native Students Asso-
ciation and Laurentian University's
Native Education Council. She will
be awarded an honorary Doctor of
Laws.

Dr. Anthony J. Naldrett

Dr. Anthony J. Naldrett is the
world's foremost authority on the
geology and origin of nickel-copper-
platinum group element deposits, par-
ticularly those in the Sudbury Basin.
A fellow of the Royal Society of
Canada, he received numerous hon-
ours and awards from Canadian and
international scientific societies.

Dr. Naldrett has published
hundreds of scientific articles, in-
cluding 26 papers and 10 book con-
tributions specifically on Sudbury.
His academic work has had a pro-

found impact on our understanding
of Northeastern Ontario's ore depos-
its. He will be presented an honorary
Doctor of Science.

Mr. Pierre Patry

Mr. Pierre Patry is the found-
ing Director of numerous education
institutions and networks for
Francophone countries, including the
Consortium international
francophone de formation à distance
(CIIFFAD) and the Réseau
francophone d'éducation à distance
du Canada (REFAD).

His first career in television,
radio, and film made him a renowned
filmmaker. He is considered the fa-
ther of "Cinema vérité" in Quebec
and directed 69 films during the 1950s
and 1960s. Mr. Patry has also been
active in creating a sociocultural net-
work for Francophones. He will be
awarded an honorary Doctor of Let-
ters.

Mr. Ernie Schroeder

Mr. Ernie Schroeder, a distin-
guished Second World War veteran,
was the recipient of the Palm Leaf for
Meritorious Service Medal, the high-
est award available from the Royal
Canadian Legion. He has also mobi-
lized the various Legion branches in
Northern Ontario in support of com-
munity organizations.

For more than 40 years, Mr.
Schroeder has ensured the mainte-
nance of cenotaphs and veterans'
grave markers in the area, attended
funeral, and comforted the sick. Mr.
Schroeder will be presented for an
honorary Doctor of Laws.

Mr. Noble Villeneuve

A member of the Ontario
Legislature from 1983 to 1995, Mr.
Villeneuve was Minister without por-
folio responsible to the Ministry of
Natural Resources and Energy,
Deputy Speaker, and Minister for
Agriculture, Food, and Rural Affairs.

Mr. Villeneuve was instru-
mental in the creation of French-lan-
guage school boards across the prov-
ince. As Minister for Agriculture,
Food, and Rural Affairs, he was re-
sponsible for the creation of two im-
portant funds: the \$30-million Rural
Job Strategy Fund and the \$35-mil-
lion Rural Youth Strategy Fund. Mr.
Villeneuve will be awarded an hon-
orary Doctor of Laws.

1999-2000 President's Essay Contest Winners Announced

The theme of this year's President's Award for Excellence Competition was "Does the Millennium Matter?" Laurentian University students were invited to write an essay on this topic, in either French or English. The prize for the winning essay in each language is \$2,500; prizes for the runner-up in each language are \$1,000.

This year's winners in the English category were Matt Murphy (first place) and Glenn Thompson (runner-up). In the French category, the winners were Louis-Pierre Pichette (first place) and Alex Ducharme (runner-up).

Laurentian University will hold a reception to congratulate the winners on Wednesday, April 5. Attending the reception, which is hosted by Dr. Jean Watters, Laurentian University President, will be the finalists in the essay competitions, the selection committees for the competition, and members of the Sudbury District Boy's Home Charitable Trust, which funds the annual President's Award for Excellence Essay Competition.

University Appoints New Harassment Officer

by Ryan Gibbs
News Editor

University President, Jean Watters, announced the appointment of Ms. Cécile Goddard as Harassment Officer, effective March 13, 2000. Goddard will serve as Harassment Officer on a part-time basis, with the aim of maintaining an anti-harassment atmosphere on campus. She is responsible for writing reports and affiliating with committees.

Last year, there was considerable anxiety concerning the Harassment Officer position. In particular, there were concerns that a part-time position would not be capable of responding adequately to complaints on campus.

But, Diane Massicotte, assistant to the President, affirms that the anti-harassment environment on campus will not be adversely affected by the Officer's part-time schedule. She stated that the Harassment Officer's

responsibility will be "strictly harassment".

The other responsibilities of last year's Officer have been adopted by other departments on campus, allowing the Officer to deal exclusively with harassment complaints, and justifying her part-time schedule.

Massicotte was aware of the concerns surrounding the part-time position and states that Cécile Goddard's contract is subject to renewal after one year. At that time, the arrangements can be reconsidered, though the present model appears adequate.

Goddard is a Laurentian graduate, with a Bachelor of Arts. She has also completed the Management Development Program of the Association of Colleges of Applied Arts and Technology of Ontario.

Goddard was Coordinator of

Cambrian College's Freedom of Information and Protection of Privacy Office from 1989 to 1996. She was also responsible for students over 21 in Business Studies and Computers at St. Albert Adult Learning Centre since 1998. She has also held various administrative positions at Cambrian College from 1981 to 1998.

Furthermore, Goddard has much volunteer experience in the Sudbury community. She has been involved in the Sudbury Social Planning Council, Laurentian University's Alumni Association, and Cambrian College's Board of Governors.

Cécile Goddard was welcomed to Laurentian University by Dr. Jean Watters. He proclaimed, "We look forward to working closely with Ms. Goddard and are hopeful that the University community will provide her the support required to fulfill her duties."

Dr. Scott Fairgrieve Lecture

On Wednesday, April 12, Dr. Scott Fairgrieve, professor of anthropology and biology at Laurentian University will present a lecture entitled "Chilled to the Bone: Forensic Anthropology in Northern Ontario," at 7:30 pm at the Science North Cavern. The public presentation is the second lecture of the new Laurentian University Lecture Series.

In his presentation, Dr. Fairgrieve will describe some cases that he has been involved with in Northern Ontario over the past several years. He will describe his role as a forensic anthropologist as part of a team of people who investigate the discovery of human remains in suspicious circumstances.

A professor at Laurentian University since 1991, Dr. Fairgrieve was the Coordinator of the Anthropology Program from 1993 to 1996.

In his research, he has studied the determination of age at death from skeletal and dental remains, the detection of human remains through use of cadaver dogs, problems in identification in cases of cremation, forensic cremation analysis, and nutrition and disease in past populations, such as inhabitants in the Dakhleh Oasis in Egypt. Dr. Fairgrieve, recently edited the book entitled *Forensics Osteological Analysis: A Book of Case Studies*. He obtained his PhD in Physical Anthropology from the University of Toronto.

This Laurentian professor has been involved in several homicide investigations across Northern Ontario and has given expert witness testimony for the crown. He is currently a forensic consultant to the Office of the Chief Coroner of Ontario, to the Regional Coroner for

Northeastern Ontario, as well as for several police forces, such as the Sudbury Regional Police Service and the Ontario Provincial Police.

Admission to the lecture is free. Tickets to Dr. Fairgrieve's lecture can be obtained on campus at the following locations: Public Affairs Office, LU Bookstore, and the J. N. Desmarais.

The LU Lecture Series was launched by Drs. Douglas H. Parker and André Roberge, Vice-Presidents, Academic. The goal of this initiative is to expose both the Sudbury and the Laurentian communities to subjects of general interest. The lectures will be delivered by Laurentian professors with national and international reputations in their fields of research. There will be two lectures each year, one in the fall term, and the second in the winter term.

Controversial Toronto Star Distribution at Wilfred Laurier

by Ryan Gibbs
News Editor

On March 15, 2000, Student Publications at Wilfred Laurier University, in Waterloo, was presented with a contract between the university and the Toronto Star that grants the newspaper distribution of free, daily copies on campus. Student Publications claims it had no knowledge of the agreement, which was negotiated without their consent or presence.

The agreement was struck on December 8, 1999, between representatives of the paper and those of the university administration, as well as its Student's Union. However, members of the university's Student Publications were not present at the meeting. They claim that they were not informed of the contract until March 15, despite continual ques-

tions and investigations.

"I'm completely appalled with how this has been dealt with, both by the Students' Union and the University administration," stated Student Publications president James Muir. "No effort was made by either party to include us in these talks or even inform us of the Toronto Star's intentions. To say we totally disagree with their method and the end result would be an understatement."

Student Publications argues that the benefits of the arrangement to the university are unclear. Moreover, they believe that Wilfred Laurier's Student Newspaper, *The Cord*, will experience a decrease in both circulation and advertising revenue if the Star decides to publish "split-run" issues.

"My biggest concern is not that students will be getting free daily

newspapers, it's the impact the Star will have on university press as a whole," stated Sarah Scheifer, Editor in Chief 1999-2000 for *The Cord*. She added, "Laurier students haven't been asked whether they want the Star or not and they haven't been informed about the way this could affect their own publications."

Wilfred Laurier Student Publications has yet to develop a strategy to subvert the introduction of the Toronto Star, which could begin mid-summer. Presently, they are considering the request for a referendum on the issue. Wilfred Laurier is not alone in its fight. Ryerson's Student Union and campus newspaper were successful in removing the Star from its campus, after the paper was allowed to distribute copies at York University in Toronto.

News Briefs

English as Second Language Program for International Students

Laurentian I. N. C. (Innovative Network Corporation) is pleased to announce the launch of a new summer English as a Second Language program. The five-week course, entitled "English for International Students", is one of many initiatives currently underway at Laurentian University to attract more international students to the Sudbury community.

"English for International Students" is a non-credit university preparation course that will be designed to help international students improve their command of English in preparation for their university studies. For many international students, the availability of such courses is an important part of the transition to university life in Canada.

From an academic perspective, this course will permit international students to meet Laurentian University's language requirements for admission to undergraduate degree programs. The five-week course will also ease the barriers many international students must overcome in starting an English-language undergraduate degree program. The first participants in this program are expected this summer.

University's Popular Employment Equity Program

Since September 1999, Laurentian University's Centre for Continuing Education and the Sudbury Tax Services Office are offering the Sudbury Bridging Program. The objective of this three-year Employment Equity program is to facilitate the entry of members of designated groups (women, aboriginals, visible minorities, and persons with disabilities) into non-traditional jobs by offering flexible career development opportunities.

Twenty-two students are currently enrolled in these courses which are offered on-site during normal working hours. Employees who spend three hours a week in this program are expected to make up the time spent in class through compressed work schedules or other suitable arrangements with their employer.

Participants will complete six university-level courses in accounting, computer applications, and communications. They will also take part in various information sessions in such areas as orientation and career counselling, as well as participating in periodical support group meetings. Following this three-year course, employees will receive a certificate from Canada Customs and Revenue Agency (CCRA) and Laurentian University.

This program has proven popular with several CCRA employees seeking internal advancement by upgrading their educational qualification. With the advent of technology, support staff employees are fully aware that the completion of the Sudbury Bridging Program may allow them to qualify for a higher level and better paying position with the CCRA.

NRCS Scholarships Presented to Laurentian Vees

Mike Sheridan, President of Northern Rehabilitation and Consulting Services (NRCS), recently presented Laurentian University students Dwayne Burton, 3rd year Sports Administration student, and Christopher Carus, 2nd year Sports Administration student from Sault Ste. Marie, with a NRCS Scholarship.

Taking part in the presentation ceremony was Peter Campbell, coach of Laurentian University's Men's Voyageurs Basketball Team. Valued at \$1,000, the NRCS Scholarship is awarded annually on the basis of academic standing, active participation in Laurentian University's Department of Interuniversity Athletics, and demonstrated leadership in the University or community. Both students are members of the Laurentian University Men's Voyageurs Basketball Team.

Send us
a postcard!

Wherever you're
going this Summer,
we have everything
you need to get you
there for less.



New Student Centre
Room SCE-234, 673-1401

TRAVEL CUTS
www.travelcuts.com
Owned and operated by the Canadian Federation of Students

Lambda Staff

Executive Staff

Editor-in-Chief:
Mat Thompson
Financial Director:
Melanie De Wit
Assistant Editor:
open

Editorial Staff

News Editor Ryan Gibbs
Asst. News open
Sports Editor open
Asst. Sports open
A&E Editor Nick Stewart
Asst. A&E Chris Newman
Rédact Français Gerald Woodard
Asst. Français ouvert
Features Editor Derek Serafini
Asst. Features Julie Murphy
Photo Editor Kathryn Traulsen
Asst. Photo open
Flashback Chris Newman
Proof-Reader Julie Lapalme

Business Staff

Marketing
Directors Open
Production Patty Sebele
Natalie Dubniczky
Circulation Open

Support Staff

Bryson McCarthy	Beth Pentney,
Todd Bosak	Jon Howard
Jamie Wylie	Heidi Ulrichsen,
Mark Solomon	Ted Smith
Paddy Blenkinsop	Deloma Moss,
James Morgan	Oliver Curwen,
Sarah Hamelin	Tyramisu & Bob
Jana Laframboise,	John Wozniak.

Circulation

Lambda circulates 3,300 copies throughout the city of Sudbury and the Laurentian University Campus.

We thank the following for permitting us to circulate our paper at their establishments:

Ralph's Sports Bar	
William's Coffee Pub	
The Black Cat & Black Cat Too	
Douglas Variety & Video	
East Side Marios (Lasalle)	
This Ain't The Only Café	
Subway (Lasalle)	Books & Beans
Mr. Sub (Kingsway)	The Cooke House
The Towne House	Mr. Sub (Regent)
Poetz Pantry	Gloria's Restaurant
Peddler's Pub	Don Cherry's
Gilmour's	Yellow (Lasalle)
The Elm Tree	Travelodge (Paris)
Lil' Habana's	Chapters
Casey's Grillhouse	Comics North

Write to us but remember...

All submissions become the property of Lambda Publications and will thus be subject to editing. Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexualist or for length.

Lambda is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Student's General Association, yet remains autonomous from all University organizations, both student and administrative.

SCE 301 Student Centre
Laurentian University
Sudbury, Ontario, P3E-2C6
(705) 673-6548
Fax: (705) 675-4849
Email:
lambdapub@hotmail.com

EDITOR'S CORNER...

End of the Year

by Mat Thompson
Editor In Chief

There are a few things to discuss so I will get to them as quick as I can. First I would like to thank all the people who called, emailed and wrote us letters about the mistakes and misleading stories in last week's issue. People complained that we spelled names like John Waters and Robb Zombie wrong and we should smarten up. I guess the whole April Fool's thing is beyond most people here at Laurentian.

We were going to print the letters from last week, but I think the people would be most embarrassed after finding out that the issue was not a serious one. One letter did stand out as it stated that "Bryson McCarthy will do just as much damage to the paper as Mat Thompson has and as an SGA member I will make sure that no one reads the paper next year." Not to be mean, but man are you dumb! There were

so many things in that editorial to give away that it was an April Fool's joke, but I am guessing subtlety is not your strong point. But enough about that, I have one more issue to discuss this year.

A lot of people out there love to trash me even though they have never met me. People go around saying I am an asshole and a dick and they hate me. The funny thing though is that most of these people have never met me, or even said two words to me. People are always surprised when they meet me that I am nothing like the person they pictured, but some close-minded hypocrites get off on trying to trash talk me.

Now everyone knows I am the type of person who will not back down and never keep his mouth shut, but I am not going to stoop to their level. I could name them right now, even name positions they now hold around the school, but I really don't care. The reason I am writing this is

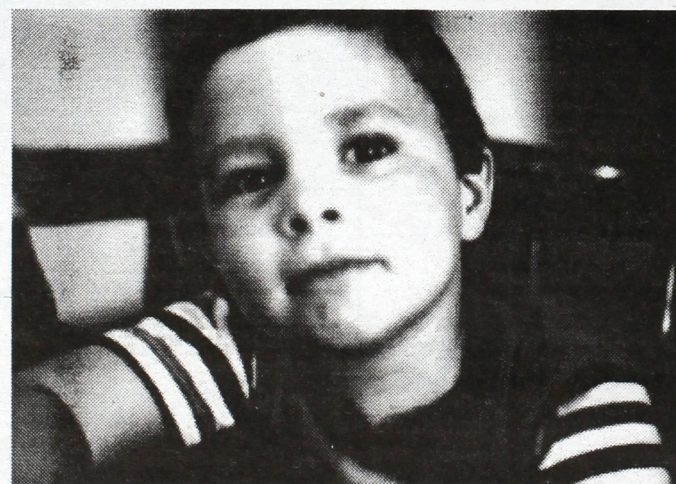
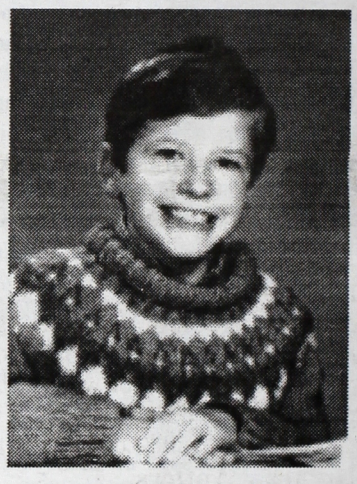
to get students to come out more, meet the staff at Lambda and get involved. Everyone bitches about the paper, the school and their problems but only a select few have actually gotten off their asses and done something about it.

This year Lambda wrote about students getting screwed by the Millennium Scholarships, the SHOW Program, the non-existent Harassment office and many other student issues, but everyone still complained. Sure, once in a while an issue hit home and they were glad that we covered it, but all in all they just complained. I attended meeting after meeting this year to try and make sure everything was correct for the students. Some stories ran, and some didn't but everything we have done here is for the benefit of the students. We don't write this paper for ourselves and our group of friends. We write Lambda for all of Laurentian. Some people like it and some don't,

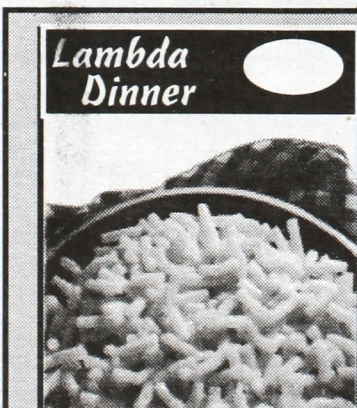
but for those that actually came out and showed interest in writing for the paper, or became a staff member, you have my heartfelt thanks.

I am still hearing crap around this school from people who don't want to have anything to do with Lambda pub nights, events or fundraising, but then I see them reading the paper every week. I am glad they are reading it, but I wish they would get the pre-conceived notion that Lambda is against them out of their heads. I am going to be around for another year as Editor in Chief and hopefully I can make the paper even better next year. More changes are in the works for Lambda, and we are going to have to cut costs, but I still won't let this paper die. And for those of you who claim I damaged the paper this year or that the paper has no substance anymore... I haven't seen you do any better!

LAMBDA STAFF 1999 - 2000



Clockwise from Top Left:
- Mat Thompson, Editor In Chief
- Ryan Gibbs, News Editor
- Chris (Fred Savage) Newman, Asst. A&E
- Nick Stewart, A&E Editor
- Gerald Woodard, Rédact Français
- Patty Sebele, Production
- Natalie Dubniczky, Production
- Derek Serafini, Features Editor



Volume 38 -
Issue 25/ Numéro 25

Cover Design By:
Mat Thompson



Lambda

Copy Deadline:
Fridays at 12:30 pm

Editorial and General Meetings:
Fri. at 1:00 pm

THE OPINIONS EXPRESSED IN THE OPINION SECTION OF LAMBDA ARE THOSE OF THE INDIVIDUAL WRITER AND MAY NOT REFLECT THE OPINIONS OF THE STAFF OF LAMBDA PUBLICATIONS.

You, Me and THC

by John Wozniak
columnist

I firmly believe North American society and Western civilization in general needs to take one big chill pill. The credo of 'Faster, Faster, Faster' which is adhered to in this day and age is completely counterproductive and needs to be altered.

We are constantly bombarded by propagandist slogans containing the words 'instant', 'quick', 'fast', etc. We are constantly being told these words are necessarily words to live by. The fact of the matter is that in this case speed is a bad thing.

We are currently moving much too fast for our own good. Arnold Toynbee pointed this out in 1966 when he told us that our "heart" had not caught up to our "head". The same is true today. In fact, I believe we are presently moving at such a pace that we can no longer see the forest for the trees.

So much potential for purposeful and constructive advancement is being wasted on endeavours which have no relevance. We are so busy clinging to such childish ideologies as nationalism and individualism that we do not seem to realize any outside observer would probably not want to even come close to visiting this planet. God ain't dead. He just lost hope and made his way to the bar.

This is why I feel it is time to slow down. It is time for a re-evaluation of our priorities and methods. It

is high time we legalized recreational marijuana use.

"What?! Pardon me! What do those two things have in common? I see no connection between "slowing down", as you call it, and marijuana use."

Just hold on a second and allow me to explain. Grab a dictionary. Look up the word 'mellow'. Do you see an apt description of our way of life anywhere in there? Neither do I. Now turn to the page containing the word 'uptight'. After that go to the page containing the word 'high-strung'. I am sure you get the picture here.

This, to me, is the main reason I feel more people need to smoke pot. We need to mellow out and take it easy. This, to me, is what the pot culture is all about. I believe this would allow for a reappraisal of our present situation in a calm and rational manner.

Now, I am sure there are a group of people screaming bloody murder at this idea out there. I can hear this group saying "All drugs are bad!" My message to all these hypocrites is to put down your coffee mug, throw that tube of aspirin out and turn your TV off because these are all potent drugs as well.

Another group of people who may have a problem with this idea are the gateway theorists. These people feel marijuana use leads directly to

increased usage of illicit hard drugs such as heroin. These people should examine the experience with marijuana in Holland where cannabis is accepted as not being the work of Satan. Contact Roel Kerssemakers at the Jellinek Prevention and Consultancy Office and you will discover the experience in a society which does not have its head way up its ass is much different from that of the US.

Earlier this year the United States of Anti-Freedom locked up its two-millionth inmate in a correctional facility. Many of these inmates have been imprisoned for very minor marijuana offences. This same government spends billions of dollars each year trying to wage a hopeless "War on Drugs". If General McCaffery and his legion of Neanderthals in the US would wake up to reality the money spent on this futile war could be better spent on social programs which would encourage hope amongst the underprivileged people who are currently the victims of the drug war.

The final reason I feel recreational marijuana use should be legalized is, as I alluded to earlier, it might help the people of our society to slow down. This may, in turn, help us to actually take the time to evaluate our current state of affairs. I strongly believe as a society we would be surprised to see we are not as smart as we believe ourselves to be.

Rape of the World

by Jennifer Lemcke
Contributor

Most people would agree that change is best brought during a period of rejuvenation or rebirth. As the Millennium rushed upon us, so has the opportunity to fix something that desperately needs to be fixed. The last decade has taught us a great deal about our earth and the effects to be had on our children and grandchildren lest we dramatically change the paths on which we travel this planet.

Each day women, children and men are physically raped, usually by someone they know. We are all rightfully appalled at these frightful and brutish acts of cruelty. But how can we justify our hostile reactions to these crimes when we, ourselves act so carelessly each and every day? We are not strangers to this beautiful earth that has let us breath fresh air and walk on cool grass all our lives. But each day we rape our earth. We hurt it. And without hearing it, it screams endlessly for our help.

It's on those days that we step outside and inhale a long, relaxed breath that we should thank 'whomever' for this wonderful gift. It is on these days that we should not toss trash so carelessly out our car windows, or not recycle as much as we can. And this is the simple way to solving our problem. If we each were to do our part, our earth would stop screaming and our grandchildren will see bright and healthy futures. In the words of Tracy Chapman;

"She has been clear cut
She has been dumped on
She has been poisoned and beaten up
And we have been witness to the
rape of the world."

In engineering or sciences & looking for alternatives ?

Consider Occupational and Public Health

Make the switch to the Ryerson School of Occupational and Public Health this fall. Learn to apply science to everyday life and earn a Bachelor of Applied Science (BASc). Progress quickly into influential roles in a people-oriented career that promotes human environmental health and safety.

Learn More...

about the program:
416.979.5154
sophe@acs.ryerson.ca
www.ryerson.ca/sophe

about admissions:
inquire@acs.ryerson.ca

RYERSON

Letters to the Editor

Dear Students,

It is hard to believe the academic year is almost over. It was a year of challenges, of changes and of surprises. I would like to take this opportunity to wish you the best of luck in your final exams. I would also like to congratulate those of you who will be graduating this year. I wish you all a great summer and I look forward to welcoming you next fall, when Laurentian University will be officially celebrating its 40th anniversary.

Dr. Jean Watters
President

Dear Lambda, RE: Oliver Curwen

It has recently been drawn to my attention that you, Oliver Curwen, cannot seem to find anything better to do with your time than nit-pick about Laurentian's Hitching Post. It saddens me to see that a University student, such as yourself, has little else to do than complain about a sandwich received on white, rather than brown.

May I suggest to you that if you are constantly dissatisfied with the 'poor quality' food and service you receive from the Grease that you take your business elsewhere, because trust me, we won't miss you at all.

It also seems quite pathetic to myself and other Post employees that you, as a staff-writer at the Lambda, cannot find worthy pieces of journalism to accredit yourself with. Come on...grilled cheese on brown is not exactly the blockbuster story we've heard thus far. I'd be embarrassed by the entire situation if I were you.

Jenn Lemkie

Dear Lambda

What is JIGGA BOOZE JABRONI INC. It is not a big deal for us (The Laurentian happy drunks) to know what it is. But we have heard rumors of a secret society in the science building code name Jigga Booze Jabroni, and since Lambda was in some way involved with the party, we figured you know! Anyhow, this letter is also to thank you guys (if you guys were the ones behind the party) for the excellent time spent on Friday night. We the Drunks have never had so much fun at Ralphs'. I am wondering if you guys will be writing a bit more about the party, since it was such a great party, we (the drunks) demand that another one be hosted soon... How does tomorrow sound to you???

Great party Jigga Booze Jabroni.... will be there again next time, until then... Be drunk and enjoy yourself.. I know we will!

Editor's Note: All we can say about Jigga Booze Jabroni is that we were sworn to secrecy in a special ceremony involving sacrifice, alcohol and a lot of drunk chickens. Sorry!

THIS IS THE LAST
ISSUE OF THE YEAR...
SEE YOU IN SEPTEMBER!



Need extra credits this summer? Consider the flexibility of Athabasca University's 460 self-paced distance education courses. Start anytime. Study anywhere. Easily transferable.

Solutions



Athabasca University
Canada's Open University™

www.athabascau.ca • 1-888-784-9775 • auinfo@athabascau.ca



Suspension du programme de maîtrise en orthophonie

L'Université Laurentienne a annoncé dernièrement qu'elle suspendra, dès septembre 2000, les admissions dans son programme de maîtrise en orthophonie. Depuis septembre 1993, ce programme de deux ans était offert en français conjointement par l'Université Laurentienne et l'Université d'Ottawa.

Présentement, le corps professoral à temps plein de ce programme est réparti entre les deux sites. Une détentrice d'un doctorat assure l'enseignement à partir du site de l'Université Laurentienne et quatre détenteurs de doctorat enseignent à partir du site de l'Université d'Ottawa. À compter de septembre, tout le corps professoral sera sur le site de l'Université d'Ottawa, qui continuera d'assurer la formation d'orthophonistes en français en Ontario.

En dépit de la popularité du programme parmi la population étudiante de la Laurentienne, une pénurie d'orthophonistes détenteurs de doctorat fait en sorte que l'Université ne prévoit pas être en mesure d'offrir l'encadrement nécessaire à ses étudiants et étudiantes au-delà de l'année 2000-2001. L'Université s'est donc vue obligée de suspendre les admissions au site de la Laurentienne en attendant qu'un nombre suffisant de docteurs en orthophonie soient disponibles pour assurer l'offre du programme dans le Nord de l'Ontario.

Depuis 1995, 27 étudiants ont obtenu leur diplôme de maîtrise en orthophonie à l'Université Laurentienne. Le taux de placement des diplômées du programme est de 100 %. Certaines des diplômées et des étudiantes présentement inscrites au programmes ont indiqué leur intention de poursuivre des études au niveau doctoral pour revenir travailler dans le Nord de l'Ontario, ce qui pourrait en effet permettre à la Laurentienne de redémarrer le programme.

Pendant la suspension des admissions au programme d'orthophonie à la Laurentienne, l'Université d'Ottawa prévoit admettre une moyenne de quatre étudiants du Nord de l'Ontario à chaque année dans le programme. La formation théorique aura lieu sur le campus de l'Université d'Ottawa et la formation en milieu clinique se fera dans le Nord et l'Est de la province. L'Université Laurentienne continuera toutefois d'offrir les cours de premier cycle préalables à l'admission au programme de maîtrise en orthophonie. Les étudiants qui terminent présentement la première année du programme à l'Université Laurentienne auront le choix de transférer à l'Université d'Ottawa ou de demeurer sur le campus de la Laurentienne et terminer leurs études en suivant des cours offerts par vidéo-conférence à partir d'Ottawa.

Nouveau responsable en matière de harcèlement à la Laurentienne

M. Jean Watters, recteur de l'Université Laurentienne, est heureux d'annoncer la nomination de M^{me} Cécile Goddard au poste de responsable des questions de harcèlement. La nomination à ce poste à temps partiel a pris effet le 13 mars 2000. La titulaire du poste relève de recteur de l'Université et a pour mission de créer sur le campus un milieu réfractaire au harcèlement en offrant des services de conseil à la population étudiante, au personnel et au corps professoral. M^{me} Goddard compilera des statistiques destinées à la rédaction de rapports et établira la liaison, sur demande, avec les comités intéressés.

M^{me} Goddard est diplômée de la Laurentienne, où elle a complété des études de baccalauréat ès arts. Pendant plus de dix ans, elle a exercé son activité avec compétence dans le domaine de l'administration supérieure, ayant acquis aussi une bonne expérience de la technologie informatique. Sa profonde connaissance des organismes des

gouverneurs fédéral et provincial lui sera très utile dans son nouveau poste. Elle a suivi aussi le programme de perfectionnement des cadres offert par l'Institut de perfectionnement des cadres de l'Association des collèges d'arts appliqués et de technologie de l'Ontario.

De 1989 à 1996, M^{me} Goddard a occupé, au Collège Cambrian, les fonctions de coordonnatrice des services d'accès à l'information et protection de la vie privée. Elle travaillait, depuis 1998, au St. Albert Adult Learning Centre, de Sudbury, où elle avait la charge de tous les membres du corps étudiant de plus de 21 ans inscrits en commerce et informatique. De 1981 à 1998, elle a occupé diverses fonctions au Collège Cambrian, y compris celle d'enseignante à l'École de reatrapage et études générales (1997-1998), administratrice du Service de marketing et relations publiques (1996-1997) et secrétaire de direction du vice-président aux finances et à l'administration (1987-1996).

M^{me} Goddard a toujours eu une activité sociale très intense, ayant apporté sa contribution à diverses institutions telles que le Conseil de la planification sociale de Sudbury, la paroisse st. Alexander de Rayside Balfour et le comité consultatif de gestion des dossiers du Collège Cambrian. Elle a donné bénévolement son concours à l'Association des anciens de l'Université Laurentienne, au conseil régional de pastorale de Sudbury, au Conseil des gouverneurs du Collège Cambrian, à l'Association des gestionnaires et administrateurs de dossiers et au Centre pivot du triangle magique de Rayside Balfour.

En souhaitant à la responsable des questions de harcèlement la bienvenue à la Laurentienne, M. Watters a déclaré : « Nous avons hâte de travailler en étroite collaboration avec M^{me} Goddard et espérons que la communauté universitaire lui donnera l'appui nécessaire à l'exécution de ses fonctions. »

L'usage Français

Cette rubrique est consacrée aux nuances de la langue française. Elle fournira, grâce à des extraits du *Langagier* du Département de Français, des clarifications sur l'usage, correct et incorrect, de certains mots et combinaisons de mots. Ici, on retrouvera aussi, parfois, de petits jeux de mots pour vous amuser. Si vous avez des mots sur lesquels vous voulez être éclairés, faites-les parvenir au Lambda ou au *Langagier* (Département de Français). Nous voulons remercier le rédacteur du *Langagier*, le Docteur Pascal Sabourin, pour sa coopération.

BOUCANE, BOUCANIER, BOUCAN

« Lorsque je me suis réveillée, la maison était pleine de **boucane**. » Un terme que les Canadiens-Français connaissent bien, appris de leur milieu familial. Mais d'où peut bien venir ce sens qu'aucun dictionnaire ne relève, sauf les ouvrages portant

sur le français canadien?

L'explication qui suit montre que ce terme a beaucoup voyagé, littéralement par mers et par vau! Venu d'une tribu des Caraïbes, les Tupi, (d'abord *mokaém* et *bokaem*, devenu **boucane** en français), il désignait la viande qu'on fumait sur un gril en bois. Par extension, le terme s'est appliqué au gril lui-même, puis à la fumée, sens répandu au Canada français pour décrire plusieurs situations : la **boucane** du poêle, une pièce pleine de **boucane**, la **boucane** de la cheminée de Copper Cliff, la **boucane** de cigarette, etc.

Le «**boucancier**» c'était, à Saint-Dominique, l'aventurier qui chassait (volait!) des boeufs pour en «**boucaner**» la viande. Il fallait peu pour que ce terme décrive cet autre aventurier qui pourchassait les navires espagnols dans les mers des Caraïbes aux XVII^e et XVIII^e siècles, le célèbre pirate que l'on nomma aussi «**boucancier**». L'anglais a emprunté ce terme au français pour en faire «**buccaneer**», mot très répandu dans le folklore marin, Hollywood inclus!

Le terme **boucane** a un deuxième sens qui viendrait de l'italien *baccano* «tapage, grand bruit». Récemment, nous entendions un ami rappeler que lorsqu'il était jeune, sa mère le prévenait de ne pas «aller au **boucane** (prononcé boucane)». Originaire de la petite communauté de MacFarlane Lake, cette femme avait conservé dans sa langue familière un mot qui remonte au XVIII^e siècle et qui signifiait «fréquenter un lieu de débauche»!

TRAVAILLER (pour)

Au passage du temps, le sens des termes se transforme au point

que, parfois, les acceptions premières ne sont plus perceptibles. Voici une bonne illustration de ce phénomène.

Ouvrez votre dictionnaire à **travailler**. Surprise! Ce verbe vient du lat. pop. *tripaliare* (1080), c'est-à-dire «tourmenter, torturer» quelqu'un avec le *trpalium*, sorte d'instrument de torture à trois pieux dont l'existence est attestée dès 582 dans les actes du concile d'Auxerre. Il n'y a pas de cela très longtemps, la salle d'accouchement des hôpitaux portait le nom de Salle de **travail** (littéralement, une salle de souffrances et d'efforts). Quand on dit : «La maladie le **travaille**», on exprime l'idée que la personne est affectée, rongée par la maladie. Quant à l'expression «L'amour la **travaille**», on sait combien doux est ce genre de torture! Mais lorsque le boxeur **travaille** son adversaire, attention aux côtes fracturées! Si vous dites : «Je **travaille** pour le gouvernement fédéral», deux sens viennent à l'esprit : vous **travaillez** (souffrez, bossez, piochez) à la place du gouvernement fédéral, comme le font tous les fidèles fonctionnaires; ou, vous avez en **emploi** au gouvernement fédéral.

À retenir : **travailler** traduit toujours, à des degrés variables, l'idée d'effort, de transformation physique ou morale imposée à un objet ou à une personne. Pour rendre de manière plus neutre le fait d'exercer une activité professionnelle, un métier, il faut préférer des expressions comme : occuper un emploi, être employé de, occuper, avoir un poste. Ainsi au lieu de dire : «Je **travaille** à l'Université Laurentienne», on dira plutôt : «J'occupe un poste à l'Université Laurentienne», «Je suis employée de l'Université Laurentienne».



BIG OR SMALL WE MOVE THEM ALL

STORAGE

* LOCAL & LONG DISTANCE MOVING
* OFFICE RELOCATION * PACKING AND UNPACKING
STUDENT DISCOUNTS

FREE ESTIMATES
FULLY INSURED
SATISFACTION GUARANTEED

mexpress@vianet.on.ca
www.YPCA.com/movingonexpress
90 King Street
Sudbury, ON, P3C 2V6

800-648-6999

Member Of
GREAT CANADIAN VAN LINES

VISA & MASTERCARD ACCEPTED

Les lauréats du concours de rédaction de 1999-2000

Lors d'une réception mercredi, l'Université a annoncé les noms des gagnants des sections française et anglaise du concours de rédaction pour le Prix d'excellence du recteur 1999-2000.

Cette année, le concours avait pour thème « Le changement du millénaire signifie-t-il quelque chose? » On invitait les étudiantes et étudiants de l'Université Laurentienne à rédiger une composition sur ce sujet, en français ou en anglais. Un prix de 2 500 \$ sera attribué à l'auteur de la composition gagnante dans chaque langue, et un prix de 1 000 \$ sera également décerné aux rédacteurs dont la composition s'est classé au deuxième rang dans chaque langue.

Les gagnants du concours en anglais ont été Matt Murphy au premier rang et Glenn Thompson au deuxième rang. En Français, Louis-Pierre Pichette et Alex Ducharme ont remporté les honneurs au premier et deuxième rang respectivement.

La réception a été présidée par M. Jean Watters, recteur de la Laurentienne. Les finalistes du concours, ainsi que les membres des comités de sélection, les membres du Fonds de bienfaisance du Foyer pour garçons du district de Sudbury, qui finance le concours, ont également participé à la réception.

8 indications que vous avez trop été affecté par les années 90.

1. Vous essayez d'entrer votre mot de passe sur le four à micro-onde.
2. Vous considérez, maintenant, que prendre trois espressos constitue «une bonne brosse».
3. Cela fait des années que vous n'avez pas joué au solitaire avec un vrai jeu de cartes.
4. Vous avez une liste de 15 numéros de téléphone pour rejoindre votre famille de trois personnes.
5. Vous envoyez un courriel à votre fils dans sa chambre pour dire que le souper est prêt.
6. Il vous renvoi un courriel pour demander ce qu'il y a pour souper.
7. Vous placotez plusieurs fois par jour avec un étranger de l'Afrique du Sud, mais vous n'avez pas encore parler avec votre voisin d'à côté cette année.
8. Vous n'avez pas donné une carte de Saint Valentin à votre épouse cette année, mais vous en avez affichée une sur un site web pour vos amis virtuels.

Le coin insensé

Êtes-vous bon en math? Voici un petit test. Ne trichez pas en regardant la fin avant de compléter le test. Cela ne prend que 30 secondes (si vous êtes raisonnablement bon en calcul), et s'avère bien amusant.

1. Choisir le nombre de fois que vous aimeriez faire l'amour par semaine (ah, oui! Allez-y! Plus qu'une.)
2. Multipliez ce nombre par 2 (il faut être au moins un peu audacieux!).
3. Ajoutez 5 (pour le dimanche).
4. Multipliez par 50 (oui, je sais. C'est un peu exagéré).
5. Si votre fête est déjà passée cette année, ajoutez 1750. Si non, ajoutez 1749.
6. Maintenant, déduire l'année (les quatre chiffres au complet) de votre naissance (si vous vous en souvenez!).

Vous devez maintenant avoir un numéro soit à trois soit à quatre chiffres. Le premier chiffre (ou les deux premiers chiffres) est le numéro que vous avez choisi au début (soit le nombre de fois que vous aimeriez faire l'amour par semaine). Les deux derniers chiffres sont votre âge (et ça paraît, aussi!). Cette année est la seule année où cela fonctionnera, alors faites-le faire par vos amis.

Franco-Lambda vous souhaite
bonne chance lors de vos examens.
Passez une belle été,
et à l'année prochaine.

Les maux du rédacteur

Les derniers maux !!

Par **Gérald D. Woodard**
Rédacteur francophone

Là je me trouve dans une situation que je connais très mal. Je me trouve à court de *maux*!! Ah oui, ce sera facile de me défouler sur une situation politique quelconque. Mais il me semble que ce serait bien de sortir d'une façon plus frappante. Il me semble falloir quelque chose de profond, une sagesse qui vous ferait souvenir de moi lorsque je ne serai plus là. Mais quelle sagesse puis-je offrir?

Je pourrais toujours vous dire que vous êtes les dirigeants de demain et que vous devez continuer à lutter pour un meilleur monde. Je pourrais faire une grande comparaison entre la vie étudiante et la vie dans le « vrai monde ». Ou, encore, je pourrais tout simplement dire que j'ai beaucoup aimé mon temps avec **Lambda** et que cela va me manquer. Mais je trouve que tout cela est un peu trop cliché. Et, quoique c'est vrai que j'ai beaucoup aimé mon temps ici, je ne suis pas certain que ça va me manquer!!

Mais ce qui est certain, c'est que mon temps ici est terminé. Bientôt, je recevrai mon grade et j'avancerai vers un avenir plus brillant (du moins, je l'espère).

Alors je laisse à vous, les étudiants francophones de la Laurentienne, les soins du **Franco-Lambda**. Prenez-en bien soin. Ne le laissez pas disparaître. Améliorez-le (et il y a bien de place pour l'amélioration, j'en suis conscient!). Je laisse mon bébé entre vos mains pour grandir et fleurir.

J'espère vous avoir bien informés et bien amusés au cours des deux ans que j'étais ici. Je suis certain que vous n'étiez pas tous d'accord avec mes opinions parfois, mais, au moins, je les ai exprimées. Quelles que soient les opinions de la personne qui prend la relève, c'est important que les opinions des étudiants soient exprimées. C'est pour ça une presse étudiante. Le plus d'opinions, le mieux que c'est. Il faut que les gens qui prennent les décisions sachent ce que pensent les personnes qui sont



affectées par ces décisions. Et c'est par biais de la presse étudiante que cela se réalisera.

Alors, je vous dis adieu, mes lecteurs. Je vous souhaite bonne chance et bonne réussite. Je vous encourage à faire entendre votre voix, quelle que soit votre position (mais surtout si c'est semblable à la mienne!). Et, surtout, je vous remercie de m'avoir accordé ce petit espace chaque semaine pour me défouler.

Ah, oui. Avant que je ne l'oublie : À bas le capitalisme! À bas les hausses des droits de scolarité! À bas les conservateurs! Et pouvoir aux étudiants!! (Il fallait bien que je le dise une dernière fois!!)

Franco-Lambda
À vous de prendre la relève!



Steve Carkner, P.Eng.,
Director of Energy Research, Research in Motion

"I'm young, with just a few years of experience. My P.Eng. shows my employer that I'm serious about my job and about increasing my level of responsibility."

P.Eng. is the seal of engineering quality employers look for.
Earning your **P.Eng.** designation is the way to tell the world:

- your degree from an accredited engineering program is second to none
- your internship experience meets the highest standards
- you are a true professional – ready for a job and a career in engineering

It's a competitive advantage that will serve you now and throughout your career.

Go the distance. Get the **P.Eng.**



Find out more about the difference a **P.Eng.** can make to your career.
Visit us at www.PEng.ca



Association of Professional Engineers and Geoscientists of British Columbia • Association of Professional Engineers of Yukon
Association of Professional Engineers, Geologists and Geophysicists of Alberta • Association of Professional Engineers Geologists and Geophysicists of the Northwest Territories
Association of Professional Engineers and Geoscientists of Saskatchewan • Association of Professional Engineers and Geoscientists of Manitoba • Professional Engineers Ontario
l'Ordre des ingénieurs du Québec • Association of Professional Engineers and Geoscientists of New Brunswick • Association of Professional Engineers of Nova Scotia
Association of Professional Engineers of Prince Edward Island • Association of Professional Engineers and Geoscientists of Newfoundland

Mac & Cheese...

Mat's KD Kookin' Korner

Psychedelic Fruity Rainbow Spirals

Ingredients: 1 box Kraft Dinner Spirals
1 or 2 bags of Skittles

Directions: Make Kraft Dinner according to directions on side of box. Once everything is mixed in, pour in the amount of Skittles you want (the fruitier, the better). Only stir enough for colours to swirl through-out (do not over stir or you will get a shitty brown colour and have to start from scratch!). This meal covers three out of the four food groups because, purple is a fruit. Warning, looking at Psychedelic Fruity Rainbow Spirals for prolonged periods of time while under the influence of any type of hallucinogen may cause the same type of insane addiction as the Trix Rabbit suffers from.

KD SQUARES

Ingredients: 2 boxes Kraft Dinner
One bag of marshmallows
Butter

Directions: Make KD according to directions on the side of the box. Once the KD is done, put it in the refrigerator to cool. Take 1/4 cup of butter and melt it in a pot on the stove. Add the bag of marshmallows to the butter and melt them too. Once it is all melted, dump the cool KD in, take it off the heat and stir.

Grease a lasagna pan with butter and spread the KD squares in and let cool. Cut into squares and serve as a snack or a special dessert.

Extra Cheesy Popcorn

Ingredients: 1 box Kraft Dinner
2 bags microwave popcorn

Directions: If cheese flavoured popcorn just isn't cheesy enough, here is a great recipe. Make the KD according to the directions on the side of the box adding a little extra milk to make the mixture extra cheesy. Pop the popcorn and when it is done, mix the KD into the popcorn in a large bowl. Eat it with your hands or use a spoon. Either way you will have the cheesiest popcorn in town!

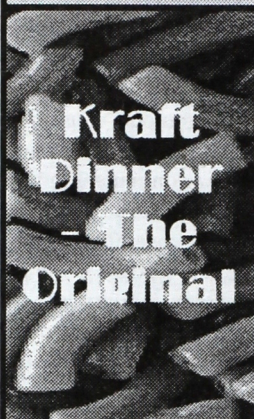



KD MUFFIN CUPS

Ingredients: 1 box Kraft Dinner, 1 box Ritz Crackers
Topping of choice

Directions: Make your KD according to the directions on the side of the box. Take a few muffin trays and place a Ritz cracker in each muffin hole. Fill each 2/3 full with the KD you just made. You can top the KD with salsa, more cheese, some chili powder or various spices. Bake the KD muffins in the oven at 350 for about 5 minutes and remove. Let them cool for a few minutes before attempting to remove them from the trays, then serve hot as a great snack.

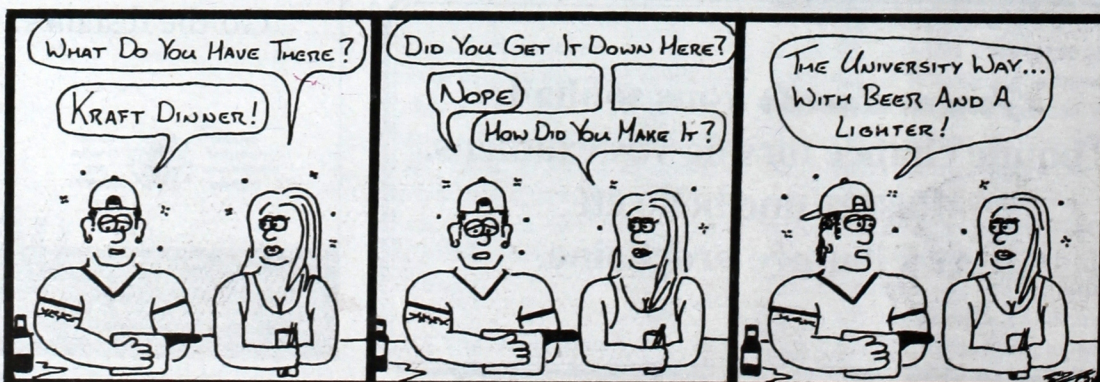
MAT'S MAC & CHEESE TASTE TEST

Once I heard they were doing a feature on the food of the Gods (Mac & Cheese) I decided to run a test on the four top kinds of Mac & Cheese. All four types went through rigorous testing, and in the end there was a clear cut winner. The only problem was that I will probably shit noodles for a week!

BRAND/TYPE	COOKING TIME	TASTE	TIME ON AN UPSIDE-DOWN PLATE	RATING
	5.5 min	The taste is classic, but there has always been something missing from the 'original'. Reminds me of Highschool lunches.	All the noodles slid off in under 20 seconds. Proves that the 'Original' is good and creamy	4/5 No one can beat The Original, but like I said, there seems to be something missing. The best thing to do with this type is to either add ketchup or 4 packs of Taco Bell Hot Sauce!
	9 min	I used to eat paste when I was in kindergarden... I now miss that stuff!	The shit wouldn't come off! After about two minutes I took what remained and laid a foundation for a new house!	0/5 I can't eat this crap! There is nothing white or cheddary about this stuff. It is a strange yellow color and it tastes like Mac & Cheese someone threw up when they were drunk!
	6 min	I still can't place the flavor, but I think it is some kind of mystery cheese. Not bad though.	This kind is pretty tough. It almost hung on for 45 seconds, but it gave away in one big glob.	3/5 A lot of people call this kind "Ghetto Mac", but as a side-dish or added to something else the No-Name Mac & Cheese really isn't bad. Good if you are on a tight budget or if you killed your taste buds with too many flaming sambuca shots.
	3.5 Min	The Food of the Gods. This is the forbidden fruit of the Mac & Cheese world!	The noodles slid off pretty fast. Unlike it's pasty and chunky competitors, the spirals gracefully rolled off the plate in a virtual ballet of pasta and cheese.	5/5 Nothing beats this stuff. Although I don't think there is any difference between the cheese in 'The Original' and the 'Spirals', for some reason the spirals taste better. This is the kind of thing addictions are made of!

DOWNUNDER

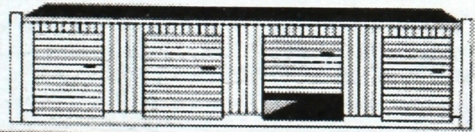
BY MAT THOMPSON



ASK FOR STUDENT SPECIAL!

* CONVENIENT * SECURE
* LOW COST

STORAGE SPACE



NEW SUDBURY SELF STORAGE

* We Sell Packaging Cartons
* We Rent Storage Trailers
* We Rent Trucks
* U-Haul Trucks \$19.95 Per day
878-B FALCONBRIDGE HWY.
560-5407

...L.U's survival food

The Story of Macaroni & Cheese

Many North American kids grew up eating Kraft Macaroni & Cheese Dinners. When I was young it seemed like we ate it every night of the week. I can't blame my mother for serving M&C so often. When I was ten it was only thirteen cents a box. And one box fed three starving suburban brats. Thirteen cents a box! Even as a child this fact impressed me no less than Jesus' miracle with the loaves and fishes.

If I seem unusually obsessed with the stuff, it is because I am sure I ate more of it than anybody else. It built my bones during my formative years, helped my body grow, became a part of me and shaped my thinking. I am—all in all—satisfied with the way I turned out, so how can I turn my back on that strange Day-Glo manna of my youth? This, then, is my way of paying it back.

Macaroni and cheese was a favorite North American dish long before Kraft showed up to take it over. The real thing is made with a good, sharp Cheddar cheese. The cheese is mixed with the macaroni and browned lightly on top. Some people like to cover the entire mixture with bread crumbs; others use potato chips. Real macaroni and cheese isn't that time-consuming. Anyone can make it. But nobody does anymore. To understand how Kraft took over our palettes, we have to look at the times, before the magic dinners were introduced.

The Kraft company started—believe it or not—as a real cheese company. The founder, James L. Kraft, began the business as a cheese wholesaler and expanded from there. Kraft had a vision of supplying America with nutritious, low-cost cheese products. In 1916 Kraft's dream became a reality when he patented a processed cheese formula, based on milk solids, that would not spoil. He called it "American

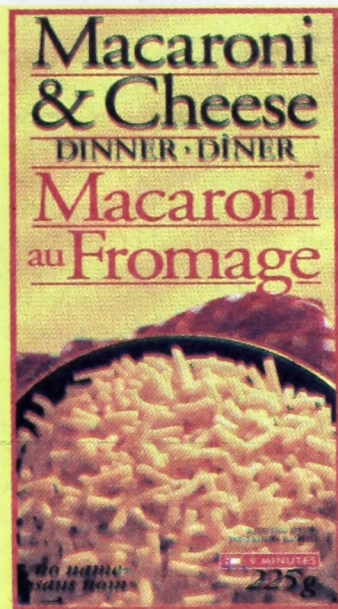
Cheese."

The general public was less-than-enthusiastic about Kraft's bland yellow substance, but Kraft was undaunted. He took his formula to the United States Army, and convinced them to buy 6 million pounds of the processed cheese product. After the First World War, the boys came home again, after having developed a taste for Kraft's creation. When the great depression came, the processed cheese was a godsend. Real cheese was hard to get, and it was expensive. During this time, Kraft introduced many of its most successful products, including Miracle Whip, Velveeta, and Parkay margarine. It was around this time, that Kraft introduced packets of dried, grated American cheese to the market. The reception for the product was underwhelming. This cheese dust was touted as a complement to soups and baked dishes but the public wasn't buying it. Salesmen set up displays for the product in the soup and macaroni sections of stores.

Finally one day, legend has it, a bright salesman in St. Louis tied packets of the cheese powder to boxes of macaroni and convinced store owners to sell the combination as one item. Soon after, he—and now other salesmen—started putting the cheese packets inside the macaroni boxes and labeling the boxes "Kraft Dinner." It wasn't long before Kraft caught on and stopped trying to sell the cheese powder on its own.

Perhaps, under other circumstances, the little boxed meals would have been rejected, but times were tough and the Kraft Dinners were cheap. Meat rationing led to the wartime tradition of "Meatless Tuesday," and Kraft Dinner—or "Blue Box" as it is called by some—became the meal of choice on that night of the week. Mothers promised their children that someday, after war rationing was over, they would make them the real thing again; but that day never came. Kids grew to like the boxed meals, so mothers threw up their hands and accepted it. By 1960, real macaroni and cheese had all but disappeared. A few housewives in rural America still made it the old-fashioned way, but the closer you got to the cities, the harder it was to find. In suburbia, real M&C became as rare as pigeon teeth.

The thing that makes a macaroni and cheese dinner special is, of course, the sauce mix: a strange goldenrod powder that transforms—through the magic of milk and margarine—into a cheese-like soup. Whether it tastes anything like cheese or not is moot. North Americans obviously love the stuff or M&C dinners would have disappeared decades ago.



Again, it is important to remember this. Macaroni and Cheese is not that hard to prepare from scratch. That most people opt for the dinner mix speaks well for the substance.

During the late sixties, the hippie movement helped reintroduce "real food" back into the American home. Granola replaced corn flakes; brown rice replaced Uncle Ben's; TV dinners almost became extinct. But through it all, we kept eating our M&C, although with somewhat less enthusiasm. Perhaps the whole wheat noodles were better for us, but who could eat them? Kraft's Dinner was, after all, one of the few pop foods that vegetarians can safely enjoy. Today, several health food companies offer good alternatives to Kraft's product. Most people are content to eat Kraft dinners just the way they come, but some people like to experiment. Vienna sausages are a popular addition to the meal. Spam goes well with it also. Recently a friend of mine tried serving macaroni and cheese with Cheese Puffs added (a variation of this recipe appears in the recipe section). He claims it was delicious. I have not verified this but I have no reason to doubt it; macaroni and cheese is a universal food. It goes well with anything. You could probably serve it with chocolate chips and it would taste just fine. A popular replacement for macaroni and cheese is shell macaroni with lots of butter and Parmesan cheese (Kraft's, naturally) sprinkled on top. Kind of a poor man's Noodles Alfredo.

At one time, if you wanted to eat a macaroni and cheese dinner, you had to eat Kraft. Nobody else made it. There are now a host of M&C dinners on the market including many generic store brands. To the macaroni and cheese connoisseur however, Kraft's is still the best. The generic varieties are barely edible.

Okay, I'll admit it. I still eat the stuff, and I still enjoy it. If it's not really good food, I don't care; I like it. If macaroni and cheese dinners are bad for me, it doesn't matter either. I'll die happy. With a smile on my face and macaroni and cheese on my lips.

For Special Occasions

Cheesy KD Chili

Ingredients: 2 Cans of Brown Beans
1 Can of Kidney Beans
1 Can of Mushrooms
Half an Onion
1 lb. Ground Beef
2 Boxes Kraft Dinner
Cheese Whiz
Chili Powder, and other spices

Directions: Mix the beans, mushrooms, onion, chili powder and other spices in a pot and simmer on low. Brown the ground beef in a frying pan and add to the chili mixture when done (onion and mushrooms can be fried with beef if you want). Turn the temperature on the chili up and stir frequently. Make KD according to direction on the side of box and add Cheese Whiz for a thicker cheese sauce. When KD is ready, stir it into the chili enough that it is mixed in but not too much or the cheese will disappear into the chili leaving you with plain macaroni in your chili. Serve hot or cold as a snack. You can also half the recipe, put the chili into a pan, spread the KD over top and serve as a nacho dip for a party or sporting event.

Spiral Pizza Special

Ingredients: 1 Box Kraft Dinner Spirals
1 pre-made pizza crust
1 can pizza sauce
Desired pizza toppings (mushrooms, onions, pepperoni, bacon, etc.)

Directions: Prepare Kraft Dinner according to directions on the side of box. When the KD is done and mixed up get out the pizza crust and cover with pizza sauce. Top the pizza with any toppings desired, then cover with the cooked Kraft Dinner. If you want a little extra cheese to hold the pizza together a little better, top the KD with some shredded cheese. If you want you can put the toppings under or on top of the KD, but the best way to do it is to mix the toppings into the KD with the cheese sauce, then spread the mixture onto the pizza crust. Once it is all ready, cook the pizza in the oven according to normal pizza cooking times (approx. 10-15 min. at 350 degrees). Let cool for a few minutes after cooking and serve. Trust me, you'll love it!

For a different taste, you may want to try the same recipe with the white cheese Kraft Dinner, or the extra cheese flavor. They all make great pizzas!

KD Taco Dip

Ingredients: 2 boxes Kraft Dinner Spirals
1 container Sour Cream
Shredded cheese
Diced Tomatoes, Peppers and Onions
Salsa

Directions: Make the KD according to the directions on the side of the box. When the mixture is complete, place the KD in the fridge to cool. When cooled off, take a lasagna pan and fill the bottom with the KD. In a separate bowl, mix together the sour cream and salsa. Once mixed, top the KD with a layer of this mixture. Dice up your tomatoes, olive, onion, peppers, or any topping of your choice and make a layer of these on top of the salsa/sour cream. Top with a good layer of shredded cheese and refrigerate. Serve chilled with taco or nacho chips. It makes a great dip for grueling afternoons on the couch watching football.

Sunshine Cheesy Omlet

Ingredients: Leftover Kraft Dinner
2 - 3 Eggs
Ham or Bacon
Omlet Fixings

Directions: When you have some leftover KD, you can always mix it into your omlet the next morning. Crack the eggs into a bowl and beat them. Mix the leftover KD into the eggs and pour into a frying pan. Add whatever fixings you want, serve with bacon (or add it in too), some toast and enjoy a KD breakfast!



REAL MACARONI AND CHEESE

A good dish of macaroni and cheese is hard to find these days. The recipes in most cookbooks are not to be trusted. In some instances this is because they refuse to leave well enough alone, vulgarizing the dish with canned cream of celery soup or a dollop of port wine cheese spread. But most usually it is their vexatious infatuation with white sauce, a noxious paste of flour-thickened milk, for this dish flavored with a tiny grating of cheese. It is the basis for the familiar crumb-topped casserole baked in a Pyrex lasagna pan, a casserole universally bland, dry, and rubbery. Contrary to popular belief, this is not macaroni and cheese. It is macaroni with cheese sauce. It is awful stuff and every cookbook in which it appears should be thrown out the window.

Of course, despite any effort on my part, that recipe will remain the popular one. It is cheap to make and pretty to look at. Real macaroni and cheese is unkempt. It is also generous with cheese, using at least four times more than what is put in cheese sauce. The recipe below, the real recipe, lives a life of exile in its own country...biding its time in the few homes willing to grant it sanctuary, awaiting the counterrevolution.

Macaroni and Cheese (Serves 4 to 6)

- 1/2 pound elbow macaroni
- 4 tablespoons (1/2 stick) butter, cut into bits
- Dash Tabasco sauce
- 1 12-ounce can evaporated milk (or use whole milk mixed with a little cream)
- 2 eggs, beaten
- 1 teaspoon dry mustard, dissolved in a little water
- 1 pound sharp Cheddar cheese, grated
- Salt and freshly ground pepper

Preheat oven to 350°F. Boil the macaroni until just barely done in salted water. Drain and toss with the butter in a large, ovenproof mixing bowl. Mix the Tabasco into the evaporated milk. Reserving about 1/3 cup, stir the milk into the macaroni, then add the eggs, the mustard, and three quarters of the cheese. When well combined season to taste with salt and pepper, and set the bowl directly in the oven. Every five minutes, remove it briefly to stir in some of the reserved cheese, adding more evaporated milk as necessary to keep the mixture moist and smooth. When all the cheese has been incorporated and the mixture is nicely hot and creamy (which should take 20 minutes, all told), serve it at once, with a plate of toasted common crackers to crumble over.

Mac & Cheese Feature THE KRAFT DINNER EXPERIENCE

by Derek Serafini
Features Editor

If there's been one constant over the course of my life, it has been my reliance on a bunch beaming orange noodles that come from a box. For me, Kraft Dinner has almost been a religion. From the time I was a child in junior kindergarten when my grandmother would prepare it for me for lunch, to just yesterday when it constituted my only real meal of the day, Kraft Dinner has been a staple of my diet. I know, there is something almost wrong with an Italian boy praising the wonders of a pasta that comes in a box that includes a foil package of powdered orange stuff that I delude myself into believing is cheese. My ancestors are probably rolling over in their graves, but I can't deny it. I'm addicted to Kraft Dinner.

It's not so much the actual consumption of the near-fluorescent mess, but the overall process, that consumes me. Firstly, there is the challenge presented by opening the package. The manufacturer, regardless of the brand, is always kind enough to provide a perforated opening on the side. But, as anyone who has ever tried to open the box by the perforations knows, it just does not cut it. As far as I can tell, there are two distinct ways to open a box of Kraft Dinner. The first way involves the use of a knife - just slice the top off, sliding the knife through one of the open ends. The more advanced method saves time and materials and involves nothing but the thumb. With a swift gouging of the thumb into one of the open ends, you have created a lever that is able to pry the lid off the

box. I usually employ this method because often I am ravaged with hunger and want to save time.

The next great thing about the Kraft Dinner experience is the cooking process. Now, any biped can boil water, but it takes an experienced KD practitioner to know exactly when the water is boiling at the right intensity. It is often tempting to throw the noodles into the water prematurely - when the water has not reached a full, rolling, boil. But, doing so will result in reduced food quality. The key is to wait until the water has reached a full boil and is steaming so hard that you can almost hear it screaming.

Then, you add the pasta and, for at least 30 seconds, stir the mixture to ensure that the pasta does not stick to the bottom of the pot. Then the true test comes: when do you remove the pasta? Now, the directions on the side of the box are horribly flawed. I'm not sure what person came up with the idea that it takes pasta 12 minutes to cook, but whoever they are, they are dead wrong. Perhaps this is the last vestiges of the Italian coming out in me, but KD noodles are best experienced somewhat undercooked. As a result, you must keep a close eye on the cooking progress of the noodles and remove them long before 12 minutes have spanned. The best guide is to let it cook the length of one good song. If you have a CD player in your kitchen, pop in some song that is around 5 minutes long and just leave the pasta alone. Once the song has finished, odds are the pasta is cooked as well. It may seem a little hard at first, but don't worry - it will continue to cook

even after you have removed it from the water.

Once that crucial step has been climbed, the only remaining task is to open the foil package and transform the normal-looking noodles into an inferno of fake cheese. Again, the box is decidedly wrong in its instructions on adding the cheese. According to the box, 1/4 cup of butter is required. Uh...no. For those of us who are abdominally challenged, less is more in this respect. If I were to eat that much butter every time I ate KD, I'd have an angioplasty scheduled for later today. The best alteration one can make to the box's instructions is to use milk instead of butter. Use just a little butter to facilitate noodle non-stickiness, but use a lot of milk - preferably 1%. Add enough that the orange powder can dissolve and add just a little bit more to make the mixture somewhat soupy, but not watered-down. The mixture should be creamy and fluid - not chalky or pasty.

The next step: enjoy. Find a great big bowl and put the entire box worth in it. The box says it contains 4 servings, but...wrong again. A box contains enough for two people at most. But, often, one box is just enough to quell the roars of my stomach and keep it full for a few minutes. When the last noodle hits my stomach, the experience is over. I've had my fix and I'm good. Kraft Dinner has, once again, come to the rescue. I've consumed a million boxes over the course of my life and I've surely got another million coming my way. The future is so bright it's orange.

The Many Faces of Kraft Dinner

by Beth Pentney
Staff Writer

The world of Kraft Dinner will never be the same. The people who bring us the University food of choice have decided to spice up the original within the past year or two, and they have come up with some interesting alternatives and variations. Personally, I try and live by the general rule that less is more, so the fact that the Kraft Dinner shelf at the grocery store has kind of taken on a life of its own doesn't stir me to excitement. I like the classic, original, macaroni and (powdered) yellow cheese; it worked when I was five and it still works. However, there are a number of new brands and medleys springing up, so it is important to give them equal opportunity to stand up against the supreme.

President's Choice offers a different take on the macaroni and cheese experience with their own version of the classic that uses white cheddar. Although tasty, the mixture cannot be eaten on a daily basis. The flavour just loses its appeal after a few boxes. Eaten sparingly as an alternative, PC White Cheddar macaroni and cheese is good, but it falls hard against the king of macaroni and cheese dinners. Likewise, Velveeta attempted to wow the consumer market with a macaroni and cheese dinner that came with "real" cheese a few years ago, an endeavor that probably looked good in theory, but in

practice, it just failed to measure up. The cheese is actually very Cheez Whiz-ish, and, while it mixes nicely with the noodles, it still lacks the distinct quality of powdered cheese. I don't know what it is about powdered cheese that can make a meal so damn good, but it certainly tops the Velveeta spin-off.

Kraft has also coloured outside of the lines, including spiral Kraft Dinner, egg noodles, spaghetti Kraft Dinner with the original cheese-in-a-bag sauce as well as spaghetti sauce, and fettuccine alfredo to their repertoire. The spirals had potential when I first saw them. They seemed like an exciting twist, if you will, to the old style favourite. However, they weren't a big hit, as the cheese was easily gunked up in the spirally parts of the noodle at the crucial part of the mixing process. So, I ended up with light yellow spirals that had a sandy feel and an overly cheesy bite to them, since the powder had clung to the inner part of the spiral instead of fully diffusing throughout the pot. I must say, I liked the egg noodle Kraft Dinner. Really, the flavour was there, the noodles offered easy mixing ability, and the shape of the noodle was an interesting digression from the everyday. Perhaps the only shortcoming of the egg noodle variety was the lack of sentimental attachment. We all grew up on macaroni and cheese, not egg noodles and cheese,

so, when faced with the choice between one or the other, I usually go with the macaroni, if only because it reminds me of days gone by.

Both the spaghetti noodle Kraft dinner and its counterpart spaghetti noodle and tomato sauce fall unbelievably short of the mark. They are both genuinely horrible. For some reason, spaghetti noodles and powdered cheese make up a nasty combination. Perhaps it is due to the stereotype that spaghetti noodles go best with a tomato sauce of some sort. It was a bad experience that I'd just like to forget. Perhaps because people most often associate spaghetti noodles with a tomato sauce, Kraft thought they could pick up that side of the market while they were ahead. However, I would recommend Chef Boyardee every day of the week (and twice on Sundays) before I ever told anyone to go out and purchase the Kraft Dinner Spaghetti. That also goes for the Kraft Dinner fettuccine alfredo. Gross pretty much sums it up. Don't even take a second glance at the box on the shelf, because it will be the worst 99 cents you ever spent. I assure you.

It seems pretty clear that the original Kraft dinner, those little macaroni noodles and orange cheese, invented way back when, just haven't lost their appeal, or position as number one, reigning supreme-o macaroni and cheese of choice.

CITY'S LARGEST FLEET



674-TAXI
674-8294

BOOSTING SERVICE

- Airport Service
- Parcel Delivery
- Beer & Liquor Deliveries
- Seniors Discounts
- Gift Certificates





Double the **power** of your degree

Go directly to Work! In Direct Marketing

a new 12-month post-graduate certificate program
Education that gets a response

In just twelve months, Humber College's program in **Direct Marketing** gives university grads what it takes to start an effective career. You'll learn to: develop strategies; conduct research; manage databases; apply accounting and financial planning principles; and make contact with direct marketing employers. You'll also take part in an 8-week field placement within the industry. Call **Humber College** (416) 675-6622, ext 4705, or fax (416) 675-2188.

www.business.humberc.on.ca

Slick Image, Awful Taste .. Gotta Be KD

by Sarah Hamelin
Staff Writer

The thing I love about KD is the marketing. Their commercials are so cute, their ads slick, and the boxes are appealing in color and design. I have numerous boxes of their product, along with other no-name brands, stacked in my cupboard. However, I don't like KD; I never really did. Why? The taste! I can't explain exactly what it is, nor do I want to. Just thinking about KD makes me want to gag, thinking of describing the taste makes me gag even more.

So, let's focus on marketing for now and avoid the possibility of upheaval of my lovely and delicious dinner I consumed earlier this evening. Apparently Kraft has now released a Pokemon line of mac and cheese. Now I am worried, because there are 6 boxes available with each possessing a different character on the cover. I have this horrible Pokemon addiction, the characters are so cute! But I hate KD. Hence my dilemma; love the package, hate the product, what's a girl to do? Right now my plan is simply to avoid going to grocery stores and just live off the shelves of the local convenience store where the KD boxes are probably older than my mother. But what about the poor parents who have to take their kids grocery shopping with them? How can they not buy the box with their child's favorite pokemon after two aisles of whining and cry-

ing and screaming because they can't have it. If most kids are anything like my siblings, this is the most accurate case scenario. I must confess this is a brilliant plan for Kraft to have devised, but it is nothing but a horror for unsuspecting parents.

So, avoiding the grocery store solves my problem to no longer buy any more boxes of the bloody product, but how does this get rid of the boxes I already have? I suppose a donation to the food bank would work well to solve this problem, but what's to say that I won't turn around and buy more because of the need to have KD? It seems like it would just be more economical for me to keep the boxes and let them collect dust, or worst case scenario feed it to my boyfriend while he's over, or the dog, either will eat pretty much anything I'd imagine.

Now the taste .. ugh, I knew this time would come. I'm torn between saying it tastes like a piece of cardboard on which roadkill had been rotting for a week, or cheese that has by far gone past its due date. Either way, it tastes like something expired and spoiled. Not to mention the way it sticks to my mouth. Maybe I just prepare it wrong, but the damn cheese sauce always sticks to the roof of my mouth. I mean bleck, I brush my teeth and it's still there! And the aftertaste .. I don't think I would want to kiss someone with the smell of KD on their breath, yet alone subject



someone to having to suffer from mine.

I remember before coming to university I was told by a family member that being a student means you lived off KD. That it was a "luxury" if you could afford hot dogs to have with the KD. I was mortified at this thought, since (1) I don't like KD, and (2) I don't like hot dogs. One would think this could almost cause a person to not attend university just because of the lame diet, but as it turns out OSAP can be a little more generous and you can actually afford normal food. So basically my point is there IS a mac'n'cheese-free world out there, and one can survive in it. You don't have to play the pawn in their game and make yourself think you like the taste of it. If you really do, and are convinced thoroughly of this, kudos to you my friend. But for those of you who are sickened by the taste, remember that you are not alone.

Leftover Spiral Dips

1. This first recipe can be made with either leftovers or a full box. Make the KD according to directions. When it is done, either let it cool off in the refrigerator or mix it when hot. Add in about 1 1/2 cups of salsa (hot, medium or mild) and add in one of those containers of nacho cheese. This makes the KD extremely cheesy with the zing of the salsa. Top a plate of nachos with the mixture or use as a dip.

2. If you want to make your leftover KD into a chip dip all you have to do is add the different ingredients into the KD mixture. For a dill dip, add a lot of sour cream, some diced dill pickles and some extra pickle juice. For a smoky bacon flavored dip, add some bacon bits (preferable the fresh ones) and a little liquid smoke to the KD mixture. If you are really adventurous, and want something extremely hot, add some Louisiana Hot Sauce, and some diced hot peppers and jalapenos to the KD mixture and watch your guests breathe fire.

3. Another great dip (especially for pretzels) is a ranch dip. Take the leftover KD and mix in some ranch salad dressing. You can add some bacon bits or chives into it, but just the KD and ranch makes a great cold dip for your pretzels and beer!

Potato Side Dishes

1. If you like baked potatoes, here is a new little variation. Bake about five or six potatoes (if you are serving a group) while you cook the KD. Make sure the KD and potatoes are done about the same time. Mix the KD according to the directions on the side of the box. The KD is going to be your filler for the potato, so there are many variations to what can be mixed into it. You could mix a few spoonfuls of sour cream into the KD, place it into the potato and garnish with chives. You could mix some extra cheese and bacon into the mixture for a different taste, or mix some salsa into the KD to give your baked potato a spicy Mexican flavor. You can try these or just use your imagination.

2. A great side dish which mixes potatoes and KD is KD Potato Wedges. You can deep fry the potato wedges for a french fried flavor or bake them in the oven sprinkled with seasoning salt and chili powder. Just make the KD according to the directions on the side of the box, and when the potato wedges are completed (make sure you cut them small) mix them into the KD and serve as a side dish to your favorite meal.

3. Mashed potatoes can be spiced up a little more if you just add some left over KD and some bacon bits. It's a great way to get children to eat potatoes when they don't like it. It's good for them and it has a great taste.

The Kraft Dinner Addiction

Many parents don't understand the addiction many students (especially in rez) face after eating KD every day as their daily supply of nutrients. Kraft Dinner is an essential part of the survival of many students at Laurentian and across North America. Here are some signs of the Kraft Dinner addiction. If you suffer from any or all of these symptoms, make sure to show this to your parents before moving home, and make sure they have a good supply of KD waiting for you.

1. You dye your hair an orange tint that looks a lot like the color of the KD cheese powder.
2. Everytime you look at any food, you think how you could mix it with KD.
3. You no longer crave SPAM.
4. Your clothing style changes to reflect the colours of the KD box (orange, yellow and blue)
5. Actual cheese just doesn't have that great powdered taste you love.
6. Any other brand of Mac and Cheese will send your body into seizures until it has been fortified with Kraft brand.
7. Your sexual fantasies include Faith Hill or Ricky Martin naked and frolicking with you in a pool full of Kraft Dinner spirals.
8. Froot Loops just don't taste the same without a little left over KD mixed into the milk.
9. You love that cheesy orange color the KD leaves in your milk (see #8)
10. You get excited and start shaking when you smell KD cooking. Real addicts can smell a pot of KD from at least 1.4 kilometers away and know if it is original or spirals.
11. Sundays are not for studying, they are the perfect day to check every local grocery store to see who has the best deal on KD.
12. When you go through the 8 items or less line at the grocery store, you try to convince the checkout person that 245 boxes of KD is actually only one item!
13. You nickname your significant other something like "My little spiral", "powdered cheese", or the truly desperate "little Mac"!
14. At major holiday dinners, you ask "Where's the KD?"
15. You have been lobbying East Side Mario's to include KD on their regular menu.
16. You have created an orange shooter called the KD Krusher and you try to teach the bartenders at The Pub to make it for you.
17. You always have a packet of powdered cheese in your pocket for those days when classes are just too long.
18. You buy two goldfish and name them MAC and CHEESE.
19. You entered the I Love KD Tour hoping to win the year supply of KD and vowing you will give the \$10 000 to charity.
20. You still have the Kraft Dinner Recipe of the Week from old issues of Lambda and still try to make them.

LAST CLASS BASH

All events are FREE

Wedn. April 5



Dave Gunning



Friday, April 7

Kidd Rasta
& the
Peacemakers

Sat. April 8



The Wheat Kings

Thurs. April 6
in the
Common's Room
from 10-2pm



Psychic, Massage, Esthetics, Herb Hunt
Chance to WIN great gifts!



All bands start at 10pm in the PUB

Thank you
Merci
For being
an
SGA Member
also
FREE GAMES
this
Thursday
April 6
in the
Student
Centre
Games Room

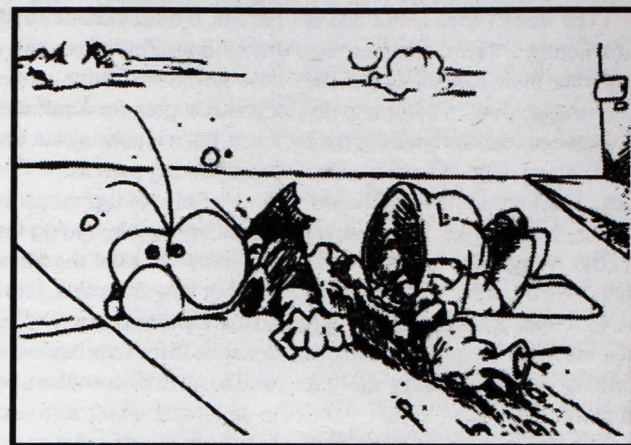
GROCERY
BUS WILL
ALSO BE
FREE FOR
THE NEXT
TWO WEEKS
LAST BUS
APRIL 15

Good Luck
with exams
& have a
great summer!

Tyramísu & BOB

Bob: That same friggin' cop nailed me too, so I know exactly what ya mean about having money troubles. I'm still trying out a couple of things to make some quick cash, like sending the girlfriend out to try her luck at Bingo while I see how I do with Sportline tickets. We haven't won anything yet, but we're really close. I can feel it.

Once in a while, when you're surfing around on the Great Electronic Cesspool that is the Internet, you come across something that is so original and inventive that it makes you stop and wonder if the Web is really all that bad (which of course it IS, but that's not the point). This site is basically what I would call a toybox: it presents you with a set of tools, and lets you go absolutely crazy with them. As the short site description states, "constructor animates and edits two dimensional models made out of masses and springs." Okay, that might not sound overly interesting, but once you've given it a try, you might change your mind. By setting up points and lines between them, you can create small models, and by giving them highly adjustable "muscles" and fiddling with the gravity, friction and spring strength, you can make them walk around or fly and so on. The muscles, both individually and collectively, are controlled by a wavelength system, while the rest of the controls work on a slider system. It might sound complicated, but believe me, it's pretty damn easy to just jump right in. Mind you, your first attempts will look like crack-addled epileptic stick figures, but it's still a ton of fun either way. Hideously original.



SEE YOU IN SEPTEMBER!!!



**There will also be draws for many other prizes including
CD's, clothing and great movie posters
from Universal Pictures!
Draws will be held both nights.**



Trash Talk

by Chris Newman
Asst. A&E Editor

Damn, I was way off with my Wrestlemania predictions. Looking back, I can't imagine how else it could have gone. All the matches seemed to go the way they should have. Except, of course, for the Cat Fight, but I'm not going to get into that.

And what the hell was with those two Jabronis who talk on the radio in the morning? Those two are a clear cut example of how people should be shut up when they don't know what they're talking about. To think that those two candy asses would have the audacity to say that wrestlers were stupid! At least the wrestlers are entertaining. Of course, they did clear up the rumour that wrestling was, in fact, fake. Wow. What a

news flash. I'll leave bad jokes to them, they should leave wrestling to people who know about it.

With that said, I'm sure that everyone knows that this is the last issue of Lambda this year. That, of course, means it's the last time you'll hear from me until September. Now, I know that everyone will miss my infinite wrestling wisdom, but don't worry, you'll get through it. I'll be back next year. Until then, I'll attempt to redeem my Wrestlemania predictions, and give my take on what's going to happen (or at least, what should happen) to the wrestling world between now and September.

There is only one way that WCW can recover, and that is through Buff Bagwell. Mark my word, with Bishoff and Russo in charge in Turnerland, Bagwell will finally get the push he deserves. I don't think that he will become World Champion, but I guarantee that he will be in the main story line, probably alongside Kurt Hennig, who is definitely the most underrated wrestler going.

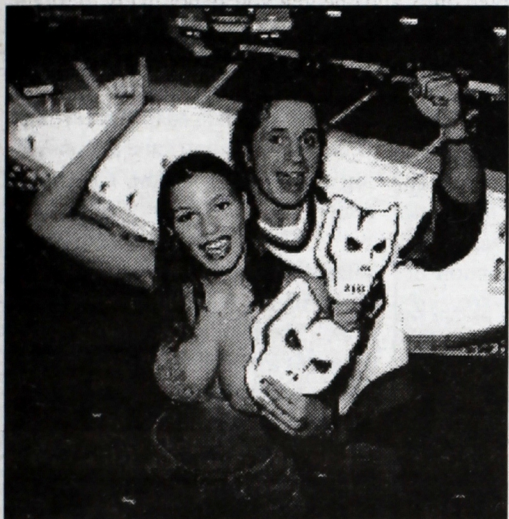
I think the tag team division in WCW will get a major overhaul. The Harris Brothers are useless and will lose the tag titles. When WCW starts back up, Wraith and Brian Adams will become the new domi-

nant team in the division. I'm also predicting a reunion between the Steiner Brothers and a change to the Mamalukes.

If we're lucky, Hogan, Flair and Funk will all leave, but I don't see it happening.

Over in WWF, Jericho will become World Champion, or at least be a real competitor for it. This, of course, is why they changed his ending move from the Walls of Jericho to the Moonsault. No Heavyweight competitor has a submission move finisher. Even Foley's Mandible Claw became a knock out move when he stepped up to fight the bigger wrestlers. It may seem like a long shot for Jericho to become World Champ, but I really believe that it will happen within the next year, at least.

This summer will also mark the return of several old WWFers. Undertaker, Stone Cold, Shawn Michaels and even Bret Hart are going to return this summer. I know that one would think that Bret Hart would never come back, but I don't buy into the realism behind the whole Bret vs. MacMahon thing. First of all, it seems really peculiar to me that all of that would happen while Bret Hart had a camera in the backstage area. The idea of letting a journalist see how wrestling works was unheard of. I don't think it was a coincidence that a potentially huge publicity stunt like that just happened to get caught on film. I think that Bret Hart had the opportunity to make a few million dollars and he was al-



Vince didn't screw Bret, but...

Psycho Letters From Nick

c/o Lambda's Entertainment Section
Laurentian Mental Hospital
INS ANE



by Nick Stewart
Entertainment Editor

One day while surfing the Internet, I came across a website for a small, Oregon-based farm which also doubles as a well-off and somewhat pricey training facility for horses. Normally, this wouldn't have caught my attention, but there was a small clause in their appointment-booking rules that basically prevents dangerous animals from being admitted to their farm. After staring at the wording for a while, you can imagine how some poor soul with an afflicted animal might find his or her hopes dashed...

Dear Snow Valley Farms,

I have heard about your wonderful facilities through some satisfied friends, and I would love to avail myself of your training services. The trails sound perfect, and the prices seem very reasonable. There is one small problem however. You specify in your publicity that "If any horse is discovered to be dangerous beyond normal expectations the training will be either limited or stopped depending upon the degree of control possible without extraordinary means". I am the owner of a very special animal. My horse, a 4 year-old mare called Testicle (the original owner was a cruel, cruel man), is a very kind and loving animal. She does however suffer from a very particular condition. If she's around men who are over six feet tall (I myself am 5' 7"), she starts foaming at the mouth and attempts to attack people around her. She can however be appeased by rubbing small amounts of cow excrement on her gums at fifteen minute intervals. This would not strike me as being "extraordinary means" of controlling my animal. Unusual, yes, but not extraordinary. Cow excrement is available at any local farm, and being a farm, you would surely have large amounts available. I await your response, as Testicle is eager to pursue training at a facility that would be able to attend to her (non-extraordinary!) needs. Thanks again for your consideration.

Sincerely,
Nick Stewart

Unfortunately, this prompted what was by far the shortest response that I received all year:

Mr. Stewart,

We regret to inform you that we will not be able to accommodate your animal's needs at this time.

Janice Rosenburg
Appointment / Services Director
Snow Valley Farms

sniff Poor Testicle! What is to become of her and her training needs? What an uncaring and cruel world we live in! The humanity! THE HUMANITY!!!! Oh...wait. I hate horses. Never mind. Well, they should've given me an explanation or something...not that I needed to GUESS why they weren't going to accept my proposal, but it still would've been nice...

THAT'S SOME
PRETTY F*CKED
UP SH*T RIGHT
THERE MAN!



the bottom line

by Ted Smith



<http://wrestletoons.com>

lowed to do it by MacMahon. Since then, we've heard WWF tell the press that they hadn't signed the Radicalz, but there they were on Raw the same day. I think that people like to believe that parts of wrestling are real. MacMahon and Hart allowed people to believe that again. Owen stayed and the Bulldog came back; so will Bret.

Tazz should win the Hardcore title soon, although there isn't much of a division for him to defend it in. Hardcore Holly and Saturn should provide good competition for him, but I don't like the way WWF just

throws their jobbers into the division. If they're serious about a Hardcore division, they should get some real hardcore wrestlers. The same goes for the Light Heavyweight.

Finally, look for Kurt Angle to be unanimously declared the greatest wrestler of all time. Well, not really, but a man can dream.

It's been a good year. I'm glad to have had the opportunity to write about wrestling in Lambda. Have a good summer and remember, the playground is no place for wrestling moves... residence is!

Double the power of your degree

Learn how to
manage
the country's
greatest assets.

with Humber's new 12-month post-graduate program in

Public Administration

Public administrators work across all levels of local, provincial, regional and federal governments. Humber College's program gives university graduates the knowledge and skills necessary to manage the considerable human, physical and financial resources of the public sector.

Humber College

Call (416) 675-6622, ext 3226, or fax (416) 252-7573.

www.business.humber.on.ca

Want to work in the United States this summer and earn the BIG BUCK\$?

Visit our site and link to a large US job base free of charge (under What's Hot). Then check out SWAP USA at your local **TRAVEL CUTS VOYAGES CAMPUS**

★ New Student Centre Room SCE-234, 673-1401

Student Work Abroad Programme

WWW.SWAP.CA

Owned and operated by the Canadian Federation of Students.

MUSIC FOR THE MASSES

REVIEWS BY COBB, PETER AND MAT



Headstones - Nickels for Your Nightmares

by Mat Thompson

I take back everything I have said about this album to everyone this past week. After receiving the album a week in advance and listening to it all weekend, this has to be one of the best Headstones albums around. I know a lot of people are thinking "what about the first single?" Well, yes, it does suck, but you have to get beyond that song to find the true gems.

Nickels For Your Nightmares not only follows up, but blows the shit out of *Smile and Wave*. This album will take true Headstones fans back to the good old days of *Picture of Health*. The Headstones rock hard and long, but they have also evolved.

After listening to *Nickels* you can pick out a change in their style and sound. There are still classic Headstones cuts like *\$\$%! You* and *Blonde & Blue*, but many of the songs have evolved from heroin-based rage to a more mellow, marijuana/Petty style of rock. One of the best examples of this, and one of the Headstones' best songs is the short, sweet and mellow *Pathetic Pair*.

Headstones fans may be a little wary about a change in style, but after listening to *Nickels For Your Nightmares*, you will know it is one of the Headstones' best!!!



Afferent - Through Emotion

by Peter Wilura

Afferent is a young, up and coming Sudbury band. When I first saw these guys perform, I was impressed. Recently I went to see *Afferent* again (about a year later) and they blew me away.

These guys are fun to watch on stage and are very solid players. Most importantly, their music kicks ass and their sound comes through on their debut disc: *Through Emotion*.

Their CD brings you through 8 songs of heaviness and melodies. Songs like *Rain of Guilt* and *Whisper* make me wish I was able to go out in an old fashioned mosh pit. While *One in Me* shows the band's ability to compose and use different levels and melodies.

The band consists of *Steve Paquette* (vocals), *Serge Ouellette* (drums/guitar), *Steve Cuch* (guitar/drums) and *Phil Grenon* (bass). For more info on the band and how to get a hold of their CD (besides getting out and seeing them live), their website is www.afferent.cjb.net. Support good, heavy Sudbury music and pick up this disc.



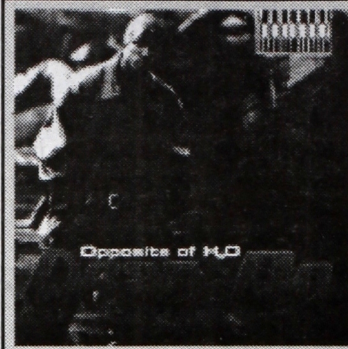
Pantera - Reinventing the Steel

by Peter Wilura

I am so happy that one of my last reviews of the year happens to be this kick ass disc. *Pantera* returns and definitely delivers with their most recent slab of heaviness. What's great about *Pantera* is that they know they're a metal band and they aim to please the fans.

I wasn't too impressed with most of their last disc, *The Great Southern Trendkill*, but all is made up on their new CD. Gone is *Dimebag Darrell's* squeaks and squeals from his guitar and back to some damn good song writing and structure. Phil continues his rants about what bugshim in the world, while *Vinnie Paul* thrashes like a machine on the drums.

Songs that really kick include *Hellbound*, *Death Rattle*, and *Revolution is my Name*. If you're a long time fan, pick this disc up. If you're new to the metal scene, this disc is a must. *Pantera* blows away the metal competition and shows that they are here to reinvent the current metal trend in the music industry: calimetal (down tuned, seven string guitar, rap-metal).



Drag-On - Opposite of H2O

by Cobb

Bursting onto the scene in *DMX's* 1998 *It's Dark and Hell is Hot*, 19 year old Ruff Ryder protégé, *Drag-On*, releases his first solo album after numerous cameos for his label mates.

Opposite of H2O is flooded with his label mates, including Ruff Ryders own *DMX*, *The Lox* and *Eve*. The most valuable player out of the Ruff Ryder camp that is contained in this album though, has to be the infamous producer *Swizz Beatz*. *Swizz* gained his notoriety for beat making through his work with *Jay-Z*, *DMX* and *Eve*, just to name a few. The combination of drum machine percussion and synthesized background is a mainstay in all *Swizz* tracks, and is no different on this album. The upbeat, head bouncin' beatz fuse together with the flaming voice of *Drag-On* with ease. This combination is present throughout the disc, but really shows up on the title track, *Opposite of H2O*. This track features an indistinguishable hook by *Jadakiss* of *The Lox*, shows off *Drag-On's* rhyming ability as well as providing a perfect example of *Swizz Beatz* style.

I enjoyed this disc from start to finish. *Drag-On* a definite positive addition to the Ruff Ryder's library.



Common - Like Water For Chocolate

by Cobb

Rashid Lynn, more commonly known as *Common*, returns for his fourth album, *Like Water For Chocolate*.

Common being one of, if not the best lyricists ever, proves again that it is near impossible for him to produce a bad product. His ability is unmatched, and shines throughout the album. Providing help on the album is an impressive list, *The Goodie Mob*, *MC Lyte*, and *D'Angelo*, all contribute as convincing side dishes to the *Chocolate* recipe.

Common states that his latest release represents a balance in his life, with his self and his soul on the scale. The feeling retracted from the album is a return to soulful hip hop, where lyrics do more than fill time. *Common's* voice flows smoothly over the old school hard drum type beats, which even come off as Jazzy.

The first single, *The 6th Sense*, contains all the ingredients for a classic. The beat was produced by the infamous *DJ Premier* of *Gang Starr* fame, and with *Common* rhyming over top, quickly creates a deadly combination. The entire album is impressive, due greatly to the lyrical ability present, and should not be taken as just another hip hop album. Definitely pick this up, as it is an exact interpretation of what a good lyricist is.

SCHOOL'S NOT OUT

Want to get ahead, make up a failed course or re-do one to score a better grade?

Need to lighten the load for next year or take a required Liberal Studies course?

Now's the perfect time to do all this!

Ryerson Continuing Education's Spring Session starts on **May 1st**, followed by our Summer Session beginning on **June 21st**. There's a wide range of university courses to choose from.

For a **calendar**, call (416) **979-5035** or visit our website at www.ryerson.ca/ce.

Register **NOW!**
School's starting soon.

Continuing Education brings life to learning
at Ryerson Polytechnic University

RYERSON

nickelbender - Keeps Me Regular

by Mat Thompson

One of the hardest working bands in Sudbury, and one of the most sought after live acts have finally released a full length album available now. *Laurentian* and Sudbury's own *nickelbender* formed in 1998 and ever since have been tearing up the local music scene.

Keeps Me Regular is a great alterna/rock album with a mainstream/pop feel. Tracks range from the pure rock riffs of *Stuck Up* and *Once New* to the more mellow, laid back *My Buddy's Wedding*. Lead singer *Maurizio Piamonte's* vocals are pure and smooth, making each track easy to listen to, without loosing the power and talent he holds.

Ryan Yurich and *Dwayne Woodcock* rip up the tracks with powerful guitar work backed up nicely by *Jeff Caughell* bass and *Joanne Polack's* powerful drum work. *nickelbender* has a solid foundation that has been built upon for over two years now, and with this release the band will surely get bigger as time goes by.

In recent years *nickelbender* has opened for such bands as *The Philosopher Kings*, *The Watchmen*, *Scratching Post*, *Danko Jones*, *The Burt Neilson Band*, *Kingpin* and recently even the *Gods of punk* themselves, *The Headstones*. Their live shows have become something of a legend, not just opening for huge bands, but when they headline, the fans come out in droves.

Their show on January 29th at *The Townhouse* went over so well the crowd would not leave until the band returned to the stage. *nickelbender* returned and played three more songs at 2:30am (literally unheard of for local acts).

nickelbender will be promoting the hell out of *Keeps Me Regular* now that the disc is released, so check it out. The album will be available at different locations around town and probably also from the live shows. Don't miss it! You can also check them out at www.nickelbender.com!



Summer 2000 Movie Preview

By Brian Alberton
Staff Writer

Another summer is just a few short months away and as always, it's prime time for Hollywood to start cranking out its standard run of seasonal flicks. Although this year there aren't going to be any huge blockbusters like last summer's *The Phantom Menace*, here's a little look at what to expect in the near future.

The most anticipated film of the summer has got to be *Mission Impossible 2* (Memorial Day weekend), where **Tom Cruise** and **Ving Rhames** return to join **Anthony Hopkins** as the infamous IMF team. **John Woo** picks up where **Brian De Palma** left the *Mission Impossible* series. On the surface it just sounds wrong, an espionage-genre series being directed by action-genre director **Woo**, but if you've seen the trailer, the blend is very apparent and very much looks worth the watch.

Summer movie season means an onslaught of sequels, and this year is no different. Said sequels have almost always been disappointing, and this trend looks to be continuing this summer, with *MI:2* being the only promising one. **Eddie Murphy** will be reprising his roles in *Nutty Professor II: The Klumps* (July 28), a prime example of a sequel that shouldn't be made. *The Nutty Professor* from a few years ago did great at the box office, with good reason, but this isn't a franchise with any kind of staying power. *The Klumps* is more than likely going to flop because it will just be trying to capture what made the first one so good instead of trying to be its own movie.

The Flintstones are also making an unfortunate return to the big screen in *The Flintstones: Viva Rock Vegas* (April 28), although technically this is a prequel since it takes place during the time Fred and Wilma met. It looks like The Flintstones are going the way of The Addams Family movies, in that none of the actors from the original are returning for the sequel. The recasting is just plain horrible, with the worst case being **Stephen Baldwin** playing Barney Rubble!

Animation fans have three very different movies to look forward to this summer. *Titan A.E.* (June 16) tells a tale that takes place far in the future, around the year 3028, after Earth is destroyed in an alien attack. This film will be a combination of traditional and computer generated animation, and boasts quite a few well-known actors to provide the voice talent, among which can be found **Matt Damon**, **Drew Barrymore**, **Bill Pullman**, **Hank Azaria**, **Janeane Garofalo**, **Nathan Lane**, and **John Leguizamo**. *Rocky & Bullwinkle* (June 30) will be making their debut on the big screen in their self-titled, animated/live action movie. While the squirrel and moose duo will remain completely animated, **Boris**, **Natasha**, and **Fearless Leader** will find a way to go from cartoon to flesh and blood (remind anyone of *Cool World?*) and will be played by **Jason Alexander**, **Rene Russo**, and **Robert DeNiro** respectively. *Chicken Run* (June 23) is a story about a rooster and hen that try to escape to freedom from the cruel farmer who owns them. This movie

will be done entirely in clay animation with **Mel Gibson's** voice as the rooster.

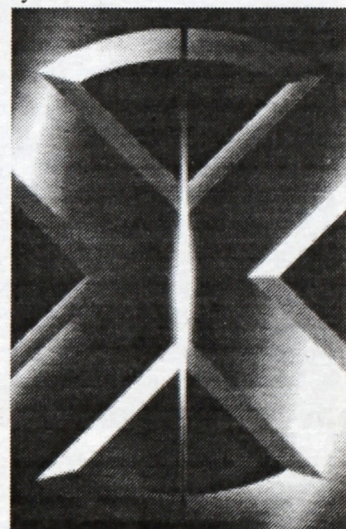
A couple of remakes are also headed for a theatre near you. *Gone in 60 Seconds* (June 9), aside from having the dumbest title since *I Know What You Did Last Summer*, happens to be a remake of a 1974 B-movie. It stars **Nicholas Cage** as a soon-to-be-retired car thief who has to lead his gang in a blowout of non-stop action, needing to steal 50 cars in one night while competing against a rival gang, all to save his brother from the mob. If there's a remake to look out for this summer, watch for the return of the black private dick who's a sex machine to all the chicks. That's right, I'm talking about *Shaft* (June 16), can you dig it? **Samuel L. Jackson** is perfectly cast to play Shaft, though it bears mentioning that the "Shaft" that he'll be playing is actually the nephew of the original **John Shaft**, who was in the 70's and will be in this next movie, portrayed by **Richard Roundtree**.

To finish off this little summer preview, I give you my picks for the upcoming summer movies. *Battlefield Earth* (May 12) is to be based on the first half of the 1982 novel of the same name by **L. Ron Hubbard**. Starring **John Travolta**, *Battlefield Earth* is bound to have a sequel based on the second half of the novel. I'm looking forward to this because it looks to be the best sci-fi movie to appear in a while, after recent junk like *Super Nova*, *Pitch Black*, and the insulting *Mission to Mars*. **Jim Carrey** takes a break from his dra-



matic roles and returns to comedy in *Me, Myself, and Irene* (June 23). **Carrey** plays a state trooper with a split personality, and both personalities end up competing over the same woman, **Irene**, played by **Renee Zellweger**. **Jim Carrey** has proven his worth as an amazing dramatic actor, but it's great to see him relax and have fun with a comedy now and again. In *Gladiator* (May 5), **Russell Crowe** plays **Maximus**, a roman general who is stripped of his rank when a new, cruel Emperor takes power and reduces him to fighting in the gladiator arenas. Epic films are terrific when done right but are few and far between these days, so I'm anxious to see *Gladiator*. But by far the film I'm looking forward to most has got to be the live-action adaptation of the *X-Men* (July 14). Just because it's based on one of the best comic

series is no guarantee the movie adaptation will be any good (cough *Spawn* cough... cough *Batman Forever* cough), but I'm still looking forward to judge for myself.



ARE YOU SHORT CASH?

NO NEED TO CARRY ALL YOUR STUFF HOME!

BRING IN YOUR USED GOODS AND RECEIVE THE CASH YOU DESERVE



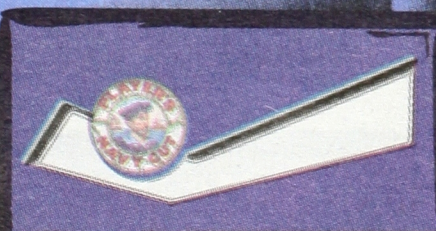
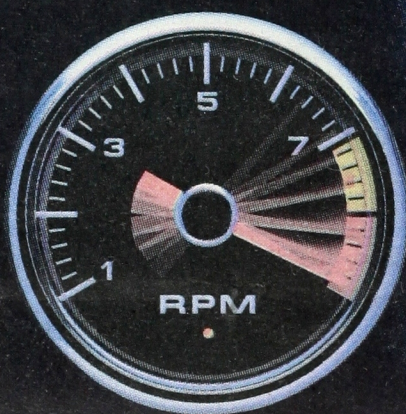
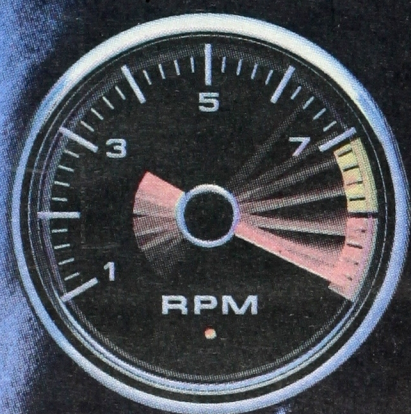
The Evolution of Retail®

2 Locations In Sudbury...

1560 LASALLE BLVD. (560-2274)
1527 PARIS ST. (523-2274)

**30 Day Buy Back
(or extension options)**

It's your world



Team Player's

RACING IN THE C.A.R.T. SERIES